

*Mrs. Durrell's
Cook Book*



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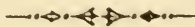
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Dwelle, Mrs. Carreras E.

MRS. DWELLE'S
COOK BOOK



A MANUAL
OF
PRACTICAL RECIPES.



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SUGGESTIONS FOR GENERAL COOKERY.

In all recipes calling for flour, the flour is sifted first, then measured level. Butter, spices, seasonings, salt and other solids are measured level. To measure a level spoonful, dip the spoon in the dry material, taking a heaping spoonful, and level off with a knife. Any part of a spoonful may be obtained by cutting lengthwise for the half, and crosswise for the quarter.

A tablespoonful of butter melted is measured before it is melted.

A cup of cream whipped is measured before it is whipped.

A cup of whipped cream is measured after it is whipped.

One-half cup of butter equals one-fourth pound; two level tablespoons butter equals one ounce; four level tablespoons flour equals one ounce; sixteen tablespoons liquid equals one cup; four saltspoons equals one teaspoon; four teaspoons equals one tablespoon; twelve tablespoons (dry material) equals one cupful; four cupfuls (flour) equals one pound; one cupful granulated sugar equals one-half pound.

Always sift powdered sugar, spices, salt, mustard, baking powder, and soda before measuring, as much more than the quantity called for

will be used if measured in a solid state as found in the original package.

MIXING—To stir, is to mix materials by stirring round and round, increasing the circle and to blend the material.

To beat, is to mix over and over, letting the bowl of the spoon touch the bottom of the mixing bowl, and carrying the mixture across to opposite side and repeat so as to incorporate all the air-cells possible into the mixture.

To fold and cut, is to turn the mixture over, cut down and lift up, folding the mixture so as to just blend the material, but not break the air-cells.

A good thing to remember in making custards is that over-cooking causes a separation; unless too far gone the smoothness may be restored with a Dover eggbeater or by pouring from one pitcher to another. Soft custards should be made in double boiler. Baked custards should be placed in a pan of hot water while in the oven. In making jellies or dressing, where the beaten eggs are added to a hot mixture, always turn the mixture on to the eggs, beating rapidly. This prevents the curdling so often found in jellies and cooked dressing.

EGGS.

Soft Cooked—Put the eggs in cold water and bring to 175 degrees Fahrenheit, let them stand

from six to eight minutes. **Hard cooked**—Put in cold water, bring to 175 degrees Fahrenheit, then set back from the fire and keep hot 45 minutes. Cooked in this way, the albumen is reduced to a jelly-like substance, easy of digestion, and the yolks are dry and mealy. When the water is allowed to boil, the egg is tough, horny, and indigestible. **Poached**—Put in water, 132 to 160 degrees temperature, having water enough to cover the eggs; as soon as a film is formed over the yolk and the white is set and jelly-like, remove from water and serve at once. **Scrambled**—Cook over boiling water, breaking into long curds as they cook. Break eggs by one quick stroke on the side of the cup. If white is clear the egg is good. To beat eggs separately, means to beat the yolks and whites separately. The yolks of eggs may be kept fresh by covering them with cold water till needed. If kept longer than a day or two, change the water.

VEGETABLES.

When part of an onion has been used it is more profitable to throw the remaining part away, unless you wrap it in paper, as a cut onion is a natural disinfectant, absorbing all that can be drawn from its surroundings, thus making itself unfit for use.

Never use a wooden spoon for stirring anything

flavored with onions, as wood absorbs the flavor of the onion, and for some time after, whatever the spoon is used for, will be flavored with onion.

MILK.

Heat milk for jellies, sauces, custards, etc., in double boiler covered; it prevents the casein from rising to top, forming a crust.

SAUCES.

For white, cream and meat sauces, blend the butter and flour in saucepan, first melting butter, but do not heat to frying point, then add flour; stir till well mixed, then add liquid little at a time, stir constantly but slowly till thick and smooth.

CLARIFIED BUTTER.

In the following recipes where butter is used for sauteing or for sauces, it should first be clarified as follows: Heat the butter to the melting point, let it stand a short time, then skim, decant, or turn off the clear liquid without including any of the sediment. Butter thus prepared can be kept in a glass or earthen jar ready for use.

FRYING:—All recipes where the food is fried call for deep fat (enough to cover the articles to be fried), as this is by far the most healthful

manner of frying, a crust being formed at once, thus preventing the absorption of the fat.

TO FILLET A FISH:—Lay the fish on its side on a board and with thin, sharp knife remove the fins; then loosen the skin around the long part of the gills and strip it off toward the tail; then cut each side of the backbone, working as close to the bone as possible till the flesh is free. Then divide into strips two inches wide and seven inches long. These may be fried or broiled plain, or stuffed and rolled (fastening with little wooden skewers), and fried in deep fat.

SOUPS.

Nothing is easier than to make good soups, if only a few simple rules are learned and observed. They are among the most nutritious and inexpensive of foods presented to us, and for the sake of economy and health every house-keeper should make it her business to find out the essential points in their preparation.

Soups are divided into two great classes: soups with stock, soups without stock. Soups with stock have, for their basis, beef, veal, mutton, fish, poultry, or game, separately or in combination.

Cream soups are made with vegetables or stock, and milk, usually slightly thickened with flour or arrowroot.

Purees are made with or without stock, and are thickened with sifted vegetable pulp. In these, a small quantity of flour should be used for thickening, in order that the vegetables may be held in solution and the soup be smooth.

Bisques hold a place about half way between cream soups and purees. Cream soups are smoother than either bisques or purees, and in consistency the bisques are thicker than creams, but thinner than purees.

The best thickening for soups which are not clear is roux, according to the color of the soup. Roux is prepared by melting butter, when this is bubbling hot, add to it an equal quantity of flour, and cook one minute if for white. If for brown roux, allow it to cook until brown, stirring constantly to prevent burning. Thin the roux with a little of the soup before adding it to the whole quantity, in this way avoiding lumps.

BROWN SOUP-STOCK.

Six pounds beef, one onion, two carrots, two stalks of celery, a sprig of parsley, four cloves, eight peppercorns, two bay-leaves, six quarts cold water.

Select meat from the shank or some other part having little fat and a fair proportion of bone. Cut the meat in inch cubes, crack the bones and put into the stock-pot with three-quarters of the meat, the spices, and half the vegetables cut up fine. Add the water, and allow to stand half an hour to draw out the juices of the meat. Put two tablespoons of butter or beef-drippings in a pan, add the remaining meat, and brown; then add the chopped vegetables, and brown them without scorching. Add browned meat and vegetables to the stock and set the kettle on the stove. Allow to come gradually to the boiling-point, then set back, and simmer for six hours. At the end of this time, remove from the fire

and strain through a fine sieve. Add salt and other seasonings, and serve.

WHITE STOCK.

One knuckle-veal, one fowl, one bay-leaf, one onion, two stalks celery, three sprigs parsley. Cut meat from bone and break bone in pieces. Wash skin of fowl thoroughly, using a cloth and bowl of water. Then cut in pieces. Add the vegetables cut in small pieces, and one quart of water for each pound of meat and bone. Place all in a kettle; allow to come to boiling-point, cover, and simmer four or five hours. Strain, and cool uncovered.

White stock may be made of veal alone. If a fowl is used, the breast and second-joints may be removed when tender and used for other dishes, croquettes, etc.

GIBLET SOUP.

Use neck fat and giblets; cover them with cold water; cook them slowly for an hour, then add a bay leaf, a slice of carrot, a little celery and onion, and cook one hour longer. Strain; cut the giblets into small pieces and add them to the soup; season; add a teaspoon of kitchen bouquet, a half lemon sliced very thin and one hard boiled egg.

MULLIGATAWNY SOUP.

The original recipe for Mulligatawny comes from India. The name itself is a composite of two East Indian names.

Boil a fowl so that when it is done you will have five pints of broth, cook in this broth half a pint of rice and a small turnip cut in small dice; when done add the white meat of the chicken cut in small squares, one teaspoon curry, season with salt and pepper, thicken with flour.

CHICKEN GUMBO SOUP.

One chicken, one carrot, one turnip, one large onion, one cup strained tomato, one slice of ham, one can of okra, or one pint of fresh okra after it has been cut in small pieces. Cut the chicken in small pieces; the ham into thin strips and fry them in butter. Mince the carrot, turnip, and onion; put them in the sauce pan with the chicken. When they get brown add two quarts of water. Tie in a piece of cheese cloth a little thyme, parsley, one bay leaf, and four cloves; drop this in the soup. Boil until the chicken is tender, then add the okra. Season to taste with salt and pepper.

MOCK TURTLE SOUP.

Clean and wash one calf's head; soak one hour in cold water to cover. Cook until tender in

three quarts boiling salted water, to which has been added, one cupful of mixed vegetables, celery, carrots, turnips, onions, six cloves one-half teaspoon peppercorns, six allspice berries and a sprig of thyme. Take out the head; boil stock until reduced to two quarts. Melt one-half cup butter, add one-half cup flour and stir until well browned; then pour on slowly the strained stock, one cup strained tomatoes, one cup face meat cut in dice, one hard boiled egg chopped fine. Simmer five minutes. Add salt and pepper to taste and juice of one-half a lemon. A little Madeira wine can be added.

MACARONI SOUP.

One quart brown soup stock, one-fourth cup macaroni, broken in half inch pieces, salt, pepper. Cook macaroni in boiling salted water until soft. Drain, and add to stock, heated to boiling point. Season with salt and pepper. Spaghetti or other Italian pastes may be substituted for macaroni.

JULIENNE SOUP.

To one quart clear brown soup stock, add one-fourth cup each carrot and turnip, cut in thin strips one and one-half inches long, previously cooked in boiling salted water, and two table-spoons each cooked peas and string beans. Heat to boiling point.

CORN SOUP.

One can corn, one pint boiling water, one pint milk, one slice onion, two tablespoons butter, two tablespoons flour, one teaspoon salt, pepper.

Cook corn, water and onion 20 minutes; rub through a strainer. Scald milk and add it to the butter blended together, then add to the corn stock, and season with the salt and pepper.

POTATO SOUP.

Cook three medium sized potatoes in boiling salted water until tender rub through a strainer. Scald one quart milk with two slices of onion, remove onion and add to the potatoes. Melt three tablespoons butter, add two tablespoons flour, one and one-half teaspoons salt, $\frac{1}{2}$ teaspoon celery salt, $\frac{1}{8}$ teaspoon pepper, stir until well mixed then stir into boiling soup. Cook two minutes, strain. Sprinkle with one teaspoon chopped parsley. Serve.

CREAM OF TOMATO SOUP.

Cook small can of tomatoes thirty minutes with tablespoon sugar, one teaspoon salt and $\frac{1}{4}$ teaspoon soda. Melt $\frac{1}{3}$ cup butter, add four tablespoons flour, cook two minutes then add

gradually one pint of milk and $\frac{1}{2}$ pint of cream. Add to tomatoes after they have been strained.

FISH CHOWDER.

Prepare equal measures of fish freed from skin and bone, and potatoes cut in one-half inch slices. For one pint of fish, fry two tablespoons salt pork chips until dry, take out the scraps and cook two tablespoons onion in the fat, season the fish with salt and pepper and roll the bits in two tablespoons flour, toss them in the hot fat until well seared, then cover and turn down the gas so that they may cook very slowly. Parboil the potatoes for ten minutes, then drain and add to the fish with the broth from the bones and skin of fish. Simmer gently until well done, about thirty minutes, then add one tablespoon butter, one cup or more of milk, six crackers broken in small pieces.

ASPARAGUS SOUP.

Cook one bunch asparagus for half hour, in boiling salted water. Remove from liquor and cut tips into tureen from which the soup is to be served. Keep hot. Mash through sieve the remaining stalks. Put three cups milk to scald and when boiling turn into liquor from which asparagus has just been taken. Rub into smooth paste, three tablespoons Kingsford Cornstarch

and three tablespoons butter. Put in saucepan and add gradually a part of the soup stock, cooking gently until all is like cream. When this is done, turn into soup stock, add asparagus pulp, season to taste, with salt, pepper and a little Karo Syrup and stir till boiling. Strain into tureen where tips have been kept hot. Serve with toasted strips of bread.

OYSTER PLANT (OR SALSIFY) SOUP.

Prepare and cut into small pieces, two bunches oyster plant. Boil and mash fine when soft. Put one quart milk into double boiler with one small onion. When boiling stir in one-half teaspoon Kingsford's Cornstarch which has been dissolved in a little cold milk, add oyster plant, one heaping tablespoon butter and salt and pepper to taste. When again come to the boil, strain (mashing all possible vegetable through sieve) and serve very hot.

FISH.

Fish builds and repairs muscular flesh and tissues; and is digested principally in the stomach, proper. Fish meat, with but few exceptions, is less stimulating and nourishing than meat of other animals, but is easier of digestion. In white fleshed fish the fat is secreted in the liver, therefore are more easily digested than the pink flesh variety which has the oil or fats distributed through the tissues. The flesh of salmon is too rich for many people, and requires a corrective, which is found in acids.

TO DETERMINE FRESHNESS OF FISH.

Examine the flesh, which should be firm, the eyes and gills bright and the flesh free from any unpleasant odor. Fish are poisonous if stale.

TO BROIL FISH.

Clean and wipe fish as dry as possible, sprinkle with salt and pepper, and place in well greased wire broiler. Slices of fish should be turned often while broiling; whole fish should be first broiled

on flesh side, then turned and broiled on skin side just long enough to make skin brown and crisp.

To remove from broiler, loosen fish on one side, turn and loosen on other side; otherwise flesh will cling to broiler. Slip from broiler to hot platter, or place platter over fish and invert platter and broiler together.

TO BAKE FISH.

Clean, and bake on a greased fish-sheet placed in a dripping-pan. If a fish-sheet is not at hand, place strips of cotton cloth under fish, by which it may be lifted from pan.

TO FRY FISH.

Clean fish and wipe as dry as possible. Sprinkle with salt, dip in flour or crumbs, egg, and crumbs, and fry in deep fat.

FRIED SMELTS.

Clean smelts, leaving on heads and tails. Sprinkle with salt and pepper, dip in flour, egg, crumbs, and fry three to four minutes in deep fat. As soon as smelts are put into fat, remove fat to back of range so that they may not become too brown before cooked through. Arrange on hot platter, garnish with parsley, lemon, and fried gelatine. Serve with Sauce Tartare.

FILETS OF FISH.

After the fish has been scalded and cleaned, put your hand firmly on the fish and with a sharp knife cut from the tail to the head just as near the bone as possible, removing all the flesh. Turn the fish on the other side and do the same thing. Cut the fish into strips all the way across and about an inch wide. Roll and fasten with a wooden skewer. Dip in egg and crumbs and fry in hot fat. Serve with Sauce Tyrolian made by cooking one cup strained tomatoes until reduced to two tablespoonfuls. Add half teaspoonful each of chopped capers, chopped olives and chopped gherkin, then add this mixture to half cup mayonnaise and serve with the filets.

STEAMED HALIBUT.

Take a two-pound slice of halibut, dust thickly with salt and pepper, either put it on a plate in a steamer or lay it on a piece of cheese-cloth, put it in a colander and stand the colander over a kettle of boiling water. Cover the colander, cook half an hour. While this is steaming rub together two level tablespoons of butter. Stir until boiling, take from the fire, add the yolks of two eggs, another tablespoonful of butter, half teaspoonful of salt, dash of pepper and two tablespoonfuls of tarragon vinegar.

PLANKED WHITE FISH.

Heat and oil an oak plank made for the purpose; spread upon this, skin side down, a white fish, dressed and cleaned and split down the under side; brush over with butter or oil, and set in the dripping-pan in the lower gas oven, at first near the burners; after cooking a few moments remove to the floor of the oven to finish the cooking. Cook about twenty-five minutes, basting often. Set the fish on the plank upon a platter. Spread the fish with three level tablespoonfuls of butter, creamed and mixed with salt, pepper and a tablespoonful of lemon juice. Garnish the edge of the plank with mashed potatoes, fashioned with a forcing-bag and tube; slices of lemon and parsley.

STUFFED BAKED FISH.

Clean a four-pound fish, sprinkle with salt inside and out, stuff and sew. Cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork, having gashes on one side come between gashes on other side. Shape with skewers in form of letter S and fasten skewers with small twine. Place on greased fish-sheet in a dripping-pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour, and place around fish small pieces of fat salt pork. Bake one hour in hot oven,

basting as soon as fat is tried out, and continue basting every ten minutes. Serve with Drawn Butter, Egg or Hollandaise Sauce.

FISH TIMBALES.

Cook together for ten minutes one-half cup of stale bread and one cup of cream, add two tablespoons of soft butter, one teaspoon of salt, a little pepper and two beaten yolks of eggs. Cool slightly and mix with one and one-half cups of cooked fish. Add the stiffly beaten whites of two eggs, fill buttered timbale molds and steam for half an hour, or longer if in one large mold. Turn out and pour the sauce around.

Hollandaise Sauce.—Cream one-third of a cup of butter, add one teaspoon of flour, one-half teaspoon of salt, a little pepper and one tablespoon of lemon juice. Mix slowly with half a cup of hot water, cook for several minutes over boiling water, add two beaten yolks of eggs and serve. This is also excellent with baked fish.

FRESH FISH BALLS.

One pint cold boiled fish picked apart, add an equal quantity of mashed potato, a level teaspoonful of salt and one-eighth teaspoonful black pepper, mix; add the yolk of an egg, a teaspoonful of onion juice and a teaspoonful of chopped parsley. Form into balls, dip in white

of an egg that has been beaten with a tablespoonful of water; roll in crumbs and fry in hot fat. Serve with tomato sauce.

TOMATO SAUCE.

Blend two level tablespoonfuls of butter and flour; add one cup of strained salt and pepper. Strain and use.

CODFISH IN CREAM.

Wash half a pound of salt codfish, cover with cold water and soak it over night. Next morning pick it apart, cover it with boiling water; bring to boiling point and drain. Cover again with boiling water and cook slowly about ten minutes. Drain again. Put four level tablespoonfuls of butter and two of flour into a saucepan and cook until smooth; add one pint of milk, stir until boiling; now add the codfish. Stand over hot water for ten minutes; add the eggs and serve at once.

CANNED SALMON.

Canned salmon may be simply heated and used as the main dish for a luncheon or Friday dinner. After it is properly heated, turn on a dish, cover with Sauce Hollandaise, garnish with lemon and parsley.

SAUCE HOLLANDAISE.

Beat the yolks of four eggs until creamy; add gradually eight tablespoonfuls of clarified butter, beating all the while. Stand the bowl over a kettle of hot water while adding the butter. Add half a teaspoon of salt and a tablespoonful of taragon vinegar.

FISH BALLS.

One cup salt codfish, two heaping cups potatoes, one egg $\frac{1}{2}$ tablespoon butter, $\frac{1}{3}$ teaspoon pepper.

Wash fish in cold water, and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain through strainer, return to kettle in which they were cooked, mash thoroughly (being sure there are no lumps left in potato), add butter, egg well beaten, and pepper. Beat with a fork two minutes. Add salt if necessary. Take up by spoonfuls, put in frying-basket, and fry one minute in deep fat, allowing six fish balls each for each frying; drain on brown paper. Re-heat the fat after each frying.

CREAMED FISH.

Four tablespoons butter, three tablespoons Entire Wheat Flour, two cups milk, three hard cooked eggs, one teaspoon Worcestershire sauce, two cups cold, boiled, flaked fish, haddock, halibut, salmon or cod. One-half teaspoon salt. Make a sauce by blending the butter and flour, add the salt and Worcestershire sauce, then add the yolks of the eggs, and last the milk, a little at a time. When thickened add the fish, and heat. Serve on toast. Garnish with riced whites of the eggs.

BAKED FINNAN HADDIE.

Put fish in dripping-pan, cover with milk and water in equal proportions, place on back of range where it will heat slowly. Let stand 25 minutes; pour off liquid, spread with butter, and bake 25 minutes.

BROILED SALT MACKEREL.

Soak for twenty-four hours after taking from the brine (use a granite vessel), then rinse, lay in a dripping-pan (skin side up again), and just cover with skimmed milk. Place on the stove and heat slowly to the boiling point, when take from the milk, wipe dry and place on a broiler well greased with bacon-fat. Broil until a delicate brown, lay on a hot platter, squeeze a little

lemon-juice over, dust it with pepper, dot with butter, and serve. Or spread with maitre d'hôtel butter—made by rubbing butter to a cream, and adding enough salt, pepper, chopped parsley and lemon-juice to flavor it highly—working all in well. In the foregoing recipe water may be used instead of milk for the scalding, but in this case the fish will not be so delicate.

SCALLOPED OYSTERS.

One pint oysters, one cup crumbs, four level tablespoons butter, one teaspoon salt, one-eighth teaspoon pepper, cup oyster liquor, one-fourth cup milk. Melt butter and stir in crumbs. Put a thin layer in bottom of a buttered shallow baking dish, cover with oysters and sprinkle with salt and pepper; add one-half each of oyster liquor and milk. Repeat and cover top with remaining crumbs. Bake 30 minutes in hot oven. Never allow more than two layers of oysters for scalloped oysters. These oysters are especially nice cooked and served in scallop shells.

FRIED OYSTERS.

Drain and dry the oysters; dust with salt and pepper. Beat an egg; add a tablespoonful of water; beat again. Dip the oysters lightly in cracker crumbs, then in the egg, then again the crumbs. Fry in hot fat, drain on a piece of

brown paper, and serve while hot on a folded napkin.

OYSTER A LA NEWBERG.

One pint oysters, one-half cup cream, one teaspoon onion juice, two tablespoons butter, one-half teaspoon salt, one-half teaspoon paprica, two level teaspoons flour, one teaspoon lemon juice, yolk of one egg. Pick over the oysters to be rid of all bits of shell. Melt one tablespoon butter, add oysters, salt, paprica, onion and lemon juice, cook three minutes, and melt remaining tablespoon butter, add flour and when blended add cream, then the yolk of the egg beaten slightly; cook until it thickens, stirring slowly; add to the oysters and serve.

PAN BAKED OYSTERS.

Wash and drain the oysters, put in the bottom of the dish a piece of hard toast; put on top six or eight oysters, a dusting of salt and pepper and a bit of butter. Bake quickly in a hot oven.

OYSTER COCKTAIL.

Allow eight small raw oysters for each person, and season with one tablespoon vinegar, one-half tablespoon tomato catsup, one teaspoon shallot, finely chopped, three drops Tobasco

sauce and salt. Serve in cocktail glass and sprinkle with finely chopped parsley; or in one-half of a grape fruit, from which the tough portion has been removed, and sprinkle with finely chopped celery.

TOASTED CORN FLAKE FISH CUTLETS.

Melt three level tablespoons of butter in a saucepan, when bubbling hot, but not brown, add four level tablespoons of flour, and then add gradually one cup of milk. Cook until smooth. Take from the fire and add two cups of canned salmon freed from skin and bone, two tablespoons of lemon juice, one teaspoon of salt, $\frac{1}{8}$ teaspoon of paprica. Mix well and place on ice until cold. Just before shaping add two cups of Kellogg's Toasted Corn Flakes. Shape cutlets, dip in egg and Corn Flakes put through food chopper. Fry in hot fat. Drain on soft brown paper and serve garnished with a piece of lemon and parsley.

SHREDDED WHEAT OYSTER PATTIES.

Cook one pint of oysters until they are plump. In a sauce pan melt two level tablespoons of butter, add two level tablespoons of flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprica and $\frac{1}{8}$ teaspoon of white pepper, then add one cup milk and one cup oyster liquor after oysters have been cooked.

Cook and stir until smooth, add oysters to the sauce and serve in Shredded Wheat Biscuits prepared as follows: Crush an oblong cavity in the top of the Biscuit with the bowl of a teaspoon, scrape out the inside shreds and heat thoroughly in the oven. Fill with the oysters and serve at once.

BROILED LIVE LOBSTER.

Live lobsters may be dressed for broiling at market, or may be done at home. Clean lobster and place in a buttered wire broiler. Broil eight minutes on flesh side, turn and broil six minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping-pan and baked fifteen minutes in hot oven, and are much easier cooked.

To Split a Live Lobster. Cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision, and, with a sharp cut, draw the knife quickly through body and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

LOBSTER A LA NEWBERG.

Two cups lobster meat dice, one cup thin cream, yolks of three eggs beaten light, ten drops

onion juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, dash nutmeg, two tablespoons butter. Put the butter in the blazer with the salt, paprika, and onion juice. When melted add the lobster dice, stir, cooking slowly for three minutes, then add the cream, nutmeg, and yolks of eggs mixed together; stir slowly until thickened, and serve on toast.

FRIED SCALLOPS WITH GARNISH OF BACON.

Wash the scallops; dry them. Beat an egg, add a tablespoon of water; roll the scallops in this, then in bread crumbs, and fry in hot fat. Dish on a heated platter. Garnish with parsley and serve at once.

CREAM OF OYSTER SOUP.

Drain 25 oysters; put them in a saucepan and bring to a boil. Drain and save the liquor. Melt two tablespoons of butter, add two tablespoons of flour, cook two minutes, then add one pint of milk. When boiling add the oyster liquor, which should be $\frac{1}{2}$ pint, add the oysters, and season with salt and pepper.

GLOUCESTER CODFISH CHOWDER.

Pick up a cup of Gorton's Codfish and place in pint of water to freshen, change water at

least once. Pare and thinly slice enough raw potatoes to make a pint; chop fine one small onion. Drain the fish and put it into a stew pan, then a layer of potatoes sprinkled with the onion and a little salt and pepper. Cover with a cracker broken into crumbs and then add hot water enough to cover and boil for 20 minutes, then add two cups of milk, or milk and cream when possible, season to taste and let boil up well and serve. A little chopped parsley may be used to season.

CREAMED FINNAN HADDIE.

To each cup of Gorton's Finnan Haddie cut into small pieces allow one and one-half cups of hot milk, two tablespoons of flour, one-half teaspoonful of pepper. Mix the pepper with the flour in a sauce-pan with the butter and cook until smooth. Add the hot milk and haddie and cook five minutes.

FISH BALLS AND BACON.

Slice and boil four or five medium-sized potatoes, then drain and mash. Add one can of Gorton's Codfish. Season with salt and pepper and add a well-beaten egg and mix all together thoroughly. Shape into balls or cakes and fry in deep fat. Serve with slices of bacon, slightly fried, on each ball or cake. Very delicious.

FISH PUDDING.

Materials.—One pint of boiled fish, one tablespoon of butter, one tablespoon of flour, one teaspoon of salt, one-half teaspoon of white pepper, one teaspoon of onion juice and two eggs, beaten separately. Cream the butter and flour together and add the salt and pepper. Heat the milk in a double boiler and add the butter and flour mixture to it. Cook five minutes, then add the onion juice. Pass the fish through a fine sieve and add it to the other mixture. Remove from the fire and add the eggs. Butter a border mold and decorate it with hard boiled eggs and pimentos. Then fill with the fish mixture. Cover with buttered paper and place in a pan of hot water. Cook in a moderate oven until set. Unmold into a chop platter. Fill the center with fried potato balls, sprinkled with parsley. Garnish with sprigs of parsley and serve with cream sauce.

EGGS.

Eggs form a typical food, inasmuch as they contain all the elements necessary for the support of the body. They are highly concentrated and should be used in combination with other foods, rich in starch, such as bread, potatoes, etc.

Strictly fresh eggs should always be used if obtainable. An egg after the first twenty-four hours steadily deteriorates. If exposed to light and air, owing to the porous structure of the shell, there is an evaporation of water, air rushes in, and decomposition takes place.

When eggs come from the market always wash them and put away in a cool dark place.

BOILED EGGS.

Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired, covering them with water. Remove saucepan to back of range, where water will not boil. Cook from six to eight minutes if liked "soft boiled," forty to forty-five if liked "hard boiled." Eggs may be cooked by placing

in cold water and allowing to heat gradually until the boiling point is reached, when they will be "soft boiled". In using hard-boiled eggs for making other dishes, when taken from the hot water they should be plunged into cold water to prevent, if possible, discoloration of yolks.

Eggs perfectly cooked should be placed and kept in water at a uniform temperature of 175 degrees Fahrenheit.

POACHED EGGS.

Select perfectly fresh eggs. Take the desired number of eggs and a saucer to the stove; break an egg into the saucer, slide it quickly into the boiling water, pull the pan to the side of the stove where the water will not boil. Continue dropping in the eggs until you have the required number, then with a spoon baste the water over the yolk so that it is entirely covered. Lift each egg with a skimmer, trim off the edges, and place on a piece of buttered toast.

Make the toast quickly and roll the crust or edge in boiling water at the last moment.

EGGS CREOLE.

Rub the bottom of a shirring dish with a little butter. Drop in two eggs, stand them in the oven until the eggs are set. Have ready a

creole sauce made of tomatoes, peppers and onions carefully cooked together. Put two tablespoonfuls of this on a side dish and send to the table.

CREAMED EGGS.

Four eggs, half cup thin cream, one tablespoon butter, one-fourth teaspoon salt, three tablespoons grated old English cheese, one-eighth teaspoon paprica. Break the eggs separately in a saucer. Melt the butter in the blazer, then add the cream and when it is hot slip the eggs in. When the eggs are nearly cooked, sprinkle over them the grated cheese, and season with the salt and paprica. Place the eggs on the toast, turn the cream over them and serve.

EGGS LAFAYETTE.

Five hard cooked eggs chopped, but not very fine. Make a half pint of curry sauce. Put the chopped eggs over a bed of carefully boiled rice. Cover with curry sauce. Garnish with strips of Spanish pepper and serve. Can use tomato sauce instead of curry.

CURRY SAUCE.

Put two level tablespoonfuls of butter and one teaspoon of scraped onion in a sauce pan; add scant teaspoonful of curry powder; stir, take

from the fire, add two level tablespoonfuls of flour, mix thoroughly and add a half pint of boiling water; return to fire and cook until the sauce is smooth and has reached the boiling point. Add half teaspoonful of salt and one tablespoonful of lemon juice. Can be served with boiled rice, curried chicken, cauliflower, lima beans or lamb.

FANCY OMELET.

Four eggs, four tablespoons cold water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, two tablespoons butter. Break the eggs and beat the yolks lightly with the salt, pepper and water. Beat whites stiff and fold lightly into the yolks. Melt butter in omelet pan, and when hot turn in the omelet and cook until under side is light brown and top is dry. Loosen from edges, fold over and turn onto a hot plate, and serve at once with tomato sauce poured around it.

TOMATO SAUCE.

One cup strained tomatoes, one bay leaf, $\frac{1}{2}$ teaspoon scraped onion, sprig parsley, salt and pepper to taste. Boil five minutes, remove the parsley and bay leaf and thicken with one tablespoon butter and one tablespoon flour blended together.

SCRAMBLED EGGS WTH ONIONS.

One tablespoon butter, three eggs, one-eighth teaspoon salt, one-sixteenth teaspoon pepper, one-half teaspoon onion juice. Put butter and onion in blazer. When very hot, turn in eggs, salt and pepper, slightly beaten together. Stir with a fork till cooked, and serve at once on toast.

SCOTCH WOOD COCK.

One and one-half tablespoons butter, one and one-half tablespoons flour, five hard cooked eggs, one-fourth teaspoon salt, four Shredded Wheat Biscuit, one-eighth teaspoon white pepper, one cup thin cream, one-half teaspoon of Worcestershire sauce. Make a sauce of the cream, butter, flour, salt and pepper; add the hard cooked eggs chopped fine, season with the Worcestershire sauce.

FRENCH OMELET.

Four eggs, four tablespoons water, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, two tablespoons butter. Beat eggs slightly, just enough to blend yolks and whites, add the water and seasonings. Put butter in hot omelet pan; when melted, turn in the mixture; as it cooks, prick and pick up with a fork until the whole is of creamy consistency.

Place on hotter part of range that it may brown quickly underneath. Fold and turn on hot platter.

SPANISH OMELET.

Mix and cook a French Omelet. Serve with Tomato Sauce in the center and around omelet.

Tomato Sauce. Cook two tablespoons of butter with one tablespoon of finely chopped onion, until yellow. Add one and three-fourths cups tomatoes, and cook until moisture has nearly evaporated. Add one-fourth teaspoon salt, and few grains cayenne, a small piece of red or green pepper, finely chopped, cooked with butter and onion.

SCRAMBLED EGGS.

Five eggs, one-half cup water, one-half teaspoon salt, one-eighth teaspoon pepper, two tablespoons butter. Beat eggs slightly with silver fork; add salt, pepper, and water. Heat omelet pan, put in butter, and when melted, turn in the mixture. Cook until of creamy consistency, stirring and scraping from bottom of the pan.

EGGS SCRAMBLED WITH TOMATOES.

One-half tablespoon butter, one teaspoon scraped onion, one cup strained tomatoes, one-fourth teaspoon salt, one-eighth teaspoon white

pepper, one-fourth teaspoon sugar, four eggs, three Shreded Wheat Biscuits. Melt butter in saucepan, add onion, tomatoes, and the seasoning; cover and cook five minutes; set back from fire. Then add eggs beaten with a fork, break into large curds as they cook, remove and serve on the Biscuit that have been split and toasted to a light brown in the oven.

EGGS EN NEST.

Separate eggs and put whites in one bowl and each yolk into a cup by itself, in which is a little cold water; beat the whites until light and dry. Half fill an egg cup with the beaten white. Make a hollow in the center in which place a small piece of butter, dust very lightly with salt and pepper, lift the yolks of the eggs from the cup with a spoon, place it in the hollow, put a tiny bit of butter on top of yolk, and set in a pan of hot water until egg is cooked.

CURRIED EGGS.

Six hard cooked eggs, one teaspoon scraped onion, three tablespoons butter, three tablespoons flour, one-half teaspoon curry powder, one cup milk and one-half cup thin cream hot. Remove shells from eggs and cut into slices. Blend together scraped onion, butter, flour, and curry powder, and cook till a light brown. Pour on

slowly the hot milk and cream. Salt and pepper to taste, and cook till it thickens. Add the eggs, and when warmed through arrange on toasted halves of Shredded Wheat Biscuit, and pour the sauce over them.

SCALLOPED EGGS.

Five hard boiled eggs, one pint White Sauce I., one cup chopped cold meat, three-fourths cup buttered cracker crumbs. Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven on center grate, and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, or veal may be used.

CREAMED EGGS WITH CHEESE.

Two level tablespoons butter, two level tablespoons flour, one and one-half cups milk, one-half cup grated cheese measured lightly, four hard-cooked eggs sliced, salt and paprika to taste. Melt butter and when bubbling add flour, stir until smooth, then add milk gradually until thickened. Add grated cheese and when melted add eggs. Heat thoroughly and season. Serve on Shredded Wheat Toast.

EGG CROQUETTES.

Melt three tablespoons of butter in a saucepan, add four tablespoons of flour, cook two minutes, then add one cup of milk, cook until smooth, add one-half teaspoon of salt, one-eighth teaspoon of paprica, and stir in the whites of six hard cooked eggs, one teaspoon of chopped parsley, and, if liked, a few drops of onion juice. Turn out to cool, and when cold, take two tablespoons of this mixture in the hand, make it into a sort of well; put one teaspoon of the yolk that has been put through a potato ricer, in the center, and fold the white mixture all over. Dip in egg and roll in bread crumbs, making a ball. Fry in hot fat, and serve with cream sauce.

BREAD.

Whatever else may be on the table of either the rich or poor, the one staple article of diet is bread. We have it three times a day, and every day in the year. Since it is so largely used, we can readily understand the importance of having it of the very best quality.

In early days bread was made from grain which had been pounded between two stones, mixed into a dough, and baked in flat cakes between heated stones. No doubt this bread was somewhat hard, but from a hygienic standpoint this was a virtue rather than a fault. Because the bread was so hard, it had to be masticated, and this caused the saliva to be well mixed with it, thus aiding in digestion. It also gave exercise to the teeth, and in those days people had very little use for dentists.

Bread is made light by the introduction of a ferment. The ferment generally used is yeast, which is a plant or germ of the fungous tribe. It is often found on the skin of grapes, plums and other fruits, and is called bloom.

In making compressed yeast the plant is grown in a sweet infusion of malt, rye and corn.

It forms a scum, which, when put in water, sinks. The water is drained off, and the yeast is then reduced by hydraulic pressure to the desired consistency.

This little plant grows rapidly when added to anything containing starch or sugar and kept moist and warm; 75 degrees Fahr. is the best temperature. Excessive heat kills the yeast germ.

In making bread the yeast acts on the diastase in the grain, and ferments, changing the starch into a kind of sugar. As this fermentation proceeds, it reaches the stage of alcoholic fermentation, which produces alcohol and carbonic acid gas in the dough. This gas, in trying to escape, forces the dough apart. The gluten contained in the wheat is a tough, elastic substance, hence it swells and forms the walls of the little air-cells or bubbles formed in the dough by the gas.

In making bread we knead the dough thoroughly in order to incorporate air, to distribute the yeast evenly throughout the mixture, and to moisten each little starch granule so that the yeast may have a chance to act. Thorough kneading gives the bread a smooth, even texture.

When the bread is ready for baking, it is best to form it into small loaves. When cooked in this way we have a larger proportion of crust, and the center of the loaf is more thoroughly

cooked. The oven should be kept at an even temperature throughout the baking. The oven may be tested by putting a little flour in a pan in the oven. If it browns a golden brown in two minutes, the oven is ready for baking the bread.

WHITE BREAD.

Scald one pint of milk, being careful not to allow it to boil, add one pint of water. When mixture is lukewarm, add one cake of compressed yeast dissolved in four tablespoons of lukewarm water, a level teaspoon of salt, and one tablespoon of sugar. Then add a quart of flour. Beat for five minutes, then continue adding flour until you have a dough sufficiently thick for kneading. Knead thoroughly until it is soft and elastic. Put it in a pan or a bowl, grease the top, cover it and stand in a warm place for three hours. Divide into four loaves, and put each into a greased pan. Cover and stand aside for one hour, and bake in a moderately quick oven for forty-five minutes.

BREAD STICKS.

Bread sticks may be made from this dough. Roll a portion of the dough out in the hands, making it the size of a lead pencil. Cut it the length of the bread stick pan, and put each one

in a compartment. Let them raise 30 minutes, brush them with water, and bake in a quick oven fifteen minutes.

GRAHAM BREAD.

Scald one cup of milk, add one cup of water, and when lukewarm add one yeast cake dissolved in four tablespoons of lukewarm water, and about one cup of flour. Set aside until light. Then add enough Swans Down Graham flour to make a batter that is difficult to stir, but not sufficiently stiff to knead. Add one tablespoon of molasses, one teaspoon of salt, and pour into a greased pan; let it stand one hour and bake in a moderate oven 45 minutes.

WHOLE WHEAT BREAD.

Scald one pint of milk, add one pint of water. When lukewarm add one yeast cake dissolved in four tablespoons of lukewarm water, one teaspoon of salt, one tablespoon of sugar, two tablespoons of shortening, butter and lard mixed. Beat until very light and spongy. Set away to rise until double in bulk, then add enough whole wheat flour to make a stiff dough, and knead. Raise the second time, mould into leaves, and turn into pans. When raised to desired lightness, bake forty-five minutes.

PARKER HOUSE ROLLS.

One cup scalded milk, one cup water, one yeast cake, two level tablespoons sugar, one teaspoon salt, one-fourth cup lard, one-fourth cup butter. Make a sponge of the milk when cooled, yeast cake dissolved in a little lukewarm water and enough flour to make a batter (about two cups). Beat thoroughly, cover, and let rise until light. Then add shortening (melted), sugar, salt and enough flour to knead. Let rise again, toss on a floured board, and roll out to one-third inch thickness. Cut with biscuit cutter first dipped in flour. Dip the handle of a case knife first dipped in flour, and with it make a crease through the middle of each piece. Brush over one-half of each piece with melted butter, fold, and press edges together. Place in a greased pan, one inch apart, cover, let rise, and bake in hot oven twelve to fifteen minutes.

SALAD ROLLS.

Use same ingredients as for Parker House Rolls, allowing one-fourth cup butter. Shape in small biscuits, place in rows on a floured board, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in middle of each biscuit, take up, and press edges together. Place closely in buttered pan, cover, let rise, and bake

twelve to fifteen minutes in hot oven. From this same mixture crescents, braids, twists, bow-knots, and other fancy shapes may be made.

STICKS.

One cup scalded milk, one-fourth cup butter, one and one-half tablespoons sugar, one-half teaspoon salt, one yeast cake dissolved in one-fourth cup lukewarm water, white of one egg, three and three-fourths cups flour. Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, white of egg, well beaten, and flour. Knead, let rise, shape, let rise again, and start baking in a hot oven, reducing heat, that sticks may be crisp and dry. To shape sticks, first shape as small biscuits, roll on board (where there is no flour) with hands until eight inches in length, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks.

SWEDISH ROLLS.

Use recipe for Parker House Rolls. Roll to one-fourth inch thickness, spread with butter, and sprinkle with two tablespoons sugar mixed with one-third teaspoon cinnamon, one-third cup stoned raisins finely chopped, and two tablespoons chopped citron; roll up like jelly roll,

and cut in three-fourth inch pieces. Place pieces in pan close together, flat side down. When rolls are taken from oven, brush over with white of egg slightly beaten, diluted with one-half tablespoon water; return to oven to dry egg, and thus glaze top.

SWEET FRENCH ROLLS.

One cup milk, one yeast cake dissolved in one-fourth cup lukewarm water, flour, one-fourth cup sugar, one teaspoon salt, one egg, yolk of one egg, one-eighth teaspoon mace, one-fourth cup melted butter. Scald milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; beat well, cover, and let rise until light. Add sugar, salt, eggs well beaten, mace, and butter, and enough more flour to knead; knead, let rise again, shape, and bake as Salad Rolls. This same mixture may be rolled in a long strip to one-fourth inch thickness, spread with butter, rolled up like a jelly roll, and cut in one inch pieces. Place pieces in pan close together, flat side down.

HOT CROSS BUNS.

One cup scalded milk, one-fourth cup sugar, two tablespoons butter, one-half teaspoon salt, one-half yeast cake dissolved in one-fourth cup lukewarm water, three-fourths teaspoon cinna-

mon, three cups flour, one egg, one-fourth cup raisins stoned and quartered, or one-fourth cup currants. Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour, and egg well beaten; when thoroughly mixed, add raisins, cover, and let rise over night. In morning, shape in forms of large biscuits, place in pan one inch apart, let rise, brush over with beaten egg, and bake twenty minutes; cool, and with ornamental frosting make a cross on top of each bun.

CINNAMON ROLLS.

Scald one cup milk, add two level tablespoons of butter, one-half teaspoon of salt, one round tablespoon of sugar, two eggs, one-half cake of compressed yeast, and enough flour to make a soft dough. Let rise until three times its bulk. Roll out in a thin sheet, and spread freely with butter, sprinkle with sugar, spices, raisins or currants and shredded citron. Roll up and cut off as for jelly rolls, put in baking pan and fill in around the rolls with sugar, butter and spices. Let rise until very light and bake in a moderately quick oven. Guard against making the dough too stiff, as it should be soft.

GERMAN NUT CAKE.

Scald one pint of milk, add two tablespoonfuls of butter; when lukewarm add one yeast cake

and half a teaspoonful of salt. When yeast is thoroughly mixed add two and one-half or three cups of flour, until you have a soft batter; beat well and let stand two and one-half hours in a warm place. Then add two eggs beaten without separating, half a cup of sugar; turn in shallow pan, let stand for half an hour, then dust top with ground nuts, sugar and cinnamon. Bake in a moderate oven one-half hour.

USES FOR STALE BREAD.

All pieces of bread should be saved and utilized. Large pieces are best for toast. Soft stale bread, from which crust is removed, when crumbled, is called stale bread crumbs, or raspings, and is used for puddings, griddle-cakes, omelets, scalloped dishes, and dipping food to be fried. Remnants of bread, from which crusts have not been removed, are dried in oven, rolled, and sifted. These are called dry bread crumbs, and are useful for crumbing croquettes, cutlets, fish, meat, etc.

BAKING POWDER BISCUIT.

Sift two cups of flour with one-half teaspoon of salt, and four level teaspoons of baking-powder. With a knife or the tips of the fingers work in four level tablespoons of shortening, then add about 1 cup of milk or milk and water, and

mix with knife to a dough. Toss onto a board lightly dredged with flour; knead gently, and roll into a sheet, cut into rounds and bake about twelve minutes.

ONE EGG MUFFINS.

Sift two cups of flour with two teaspoons of baking-powder and one teaspoon of salt; add one rounding tablespoon of sugar. Beat the egg until light, add the milk, and mix with the dry ingredients. Melt two level tablespoons of butter and two level tablespoons of lard. Pour in the batter and bake in hissing hot greased muffin pans.

WAFFLES.

Sift two cups of flour and one-half cup of corn meal with one teaspoon of salt, and three teaspoons of baking-powder. Add two eggs well beaten, two tablespoons of butter and two tablespoons of lard, melted, and enough milk to make a batter as thick as heavy cream. Bake in hot well greased waffle irons.

QUICK COFFEE CAKE.

Three tablespoons of butter, six tablespoons of sugar, two eggs, three-fourths cup of milk, two cups of flour, two teaspoons baking-powder, one-fourth teaspoon salt. Cream butter and

sugar, add eggs beaten light, then the milk and last the flour, baking-powder and salt sifted together. Pour in two large layer cake pans, and sprinkle over the top, three-fourths cup bread crumbs, three level tablespoons of butter, two tablespoons of sugar and one teaspoon of cinnamon. Bake in rather quick oven.

SALLY LUNN.

Two cups flour, four level teaspoons baking-powder, one-fourth teaspoon of salt, two tablespoons of sugar, three-fourths cup sweet milk, two tablespoons melted butter. Mix thoroughly and pour into a well buttered long biscuit pan, and bake about 20 minutes. Mark with a knife and break, and serve with butter while hot.

TOASTED CORN FLAKE WAFFLES.

Mix one and one-half cups flour with three tablespoons of white corn meal, two cups of Kellogg's Toasted Corn Flakes rolled or put through a food chopper and three teaspoons of baking powder, one scant teaspoon of salt, one tablespoon of sugar, two eggs well beaten. Use enough milk to make a batter as thick as heavy cream, then add four level tablespoons of shortening, half butter and half lard. Bake in waffle irons that are hot and well greased.

CRULLERS.

Three-fourths cup sugar, two eggs, two level tablespoons of butter, one-eighth teaspoon nutmeg, one cup milk, three teaspoons baking-powder, flour enough to roll. Cream the butter, sugar and eggs. Add salt and nutmeg. Sift baking-powder with two cups of the flour, and add to mixture, alternating with milk; then add sufficient flour to roll. Handle dough as little as possible. Roll one half inch thick, cut and fry in deep hot fat.

GOOD GINGER BREAD.

For an "eggless" gingerbread, mix in a large bowl one cupful of molasses, half a cupful of sour milk or cream, one teaspoonful of salt. Dissolve one teaspoonful of soda in a teaspoonful of cold water, add this and two tablespoonsful of melted butter to the mixture. Now stir in two cupfuls of sifted flour. Pour the mixture into a well buttered deep tin and bake in a moderately hot oven for about twenty minutes.

CORN BATTER BREAD.

Separate two eggs, beat yolks a little, add one cup of milk, one tablespoonful of melted butter, one cup of corn meal; half cup of flour in which you have two heaping teaspoonfuls of

baking powder; beat whites very light, add them to the batter. Turn into a greased pan and bake in a moderately hot oven thirty minutes.

MUSH BREAD.

Scald two cups of milk and add one scant cup of white corn meal, half teaspoonful of salt; cook until smooth. Take from fire and add the yolks of four eggs beaten until thick; then the whites of four eggs beaten until very stiff. Turn into an ungreased pan and bake in a moderately hot oven twenty minutes.

GERMAN PUFFS.

Beat four eggs without separating until well mixed, add half pint of milk and pour gradually into a half pint of pastry flour; mix well and strain through a sieve back into the first bowl. Have iron gem pans well heated, fill half full with this thin batter and bake in a moderately quick oven for forty minutes. These may be used as breakfast muffins or served with a sauce as a dessert.

MILK BISCUIT.

Rub two level tablespoonfuls of butter into one quart of bread flour; add two heaping teaspoonfuls of baking powder, a level teaspoon-

ful of salt and mix thoroughly. Add slowly sufficient milk to make a dough that is moist but not wet (about a cup and a quarter). Turn the dough onto a floured board, knead very quickly, roll out into a sheet a half inch thick; cut into small biscuits, stand them in a pan where they will not touch each other; brush the tops with milk and bake in a quick oven twenty minutes.

POP-OVERS.

One cup flour, one-fourth teaspoon salt, seven-eighths cup milk, two eggs, one-half teaspoon melted butter.

Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add egg, beaten until light, and butter; beat two minutes,—using Dover egg-beater,—turn into hissing hot buttered iron gem pans, and bake thirty to thirty-five minutes in a hot oven. They may be baked in buttered earthen cups, when the bottom will have a glazed appearance. Small, round iron gem pans are best for Pop-overs.

QUICK BROWN BREAD.

Two cups graham flour, one cup sour milk, one-half cup molasses, two tablespoons sugar, pinch of salt, one teaspoon soda in two table-

spoons warm water, three-fourths cup rasins chopped and floured; bake forty minutes in a moderate oven. Excellent.

TOASTED CORN FLAKE GEMS.

Two eggs, one-half cupful sugar, one-fourth cup of butter, two-thirds cup of milk, two rounding teaspoons of baking-powder, one-half teaspoon of salt, one and one-half cups of flour, three cups of Kellogg's Toasted Corn Flakes, one-half cup of raisins or currants. Bake in hot greased gem pans.

MACARONI, RICE, SPAGHETTI.

SCALLOPED RICE.

Steam one cup rice in three cups boiling water, one teaspoon salt. Make a cream sauce by melting four level tablespoons of butter, add four level tablespoons of flour, one cup milk and one cup of cream. (Can use all milk), scant teaspoon of salt, one-eighth teaspoon of paprika. In a baking dish put a layer of rice, sprinkle with grated cheese, layer of the sauce, then another of rice, cheese and sauce. Cover with buttered crumbs and bake until crumbs are nicely browned.

CREAMED MACARONI WITH CHEESE.

Break one-fourth pound of macaroni into pieces about one inch long, drop into two quarts of boiling salted water and boil about twenty minutes. While it is boiling grate one-fourth pound of cheese. Place half a pint of milk in a double boiler, rub together one rounding tablespoonful each of butter and flour, add to the milk when boiling, and stir about two minutes. Add half a teaspoonful of salt and a speck of

cayenne. When the macaroni is tender drain it and add to the cream sauce, add the grated cheese and stir until dissolved.

DEVEILED MACARONI.

Boil six ounces of macaroni twenty-five minutes, drain and chop fine. Put two tablespoonfuls of butter and two of flour in a saucepan, mix well, and add a pint of milk. Stir until boiling, then add, pressing through a sieve, the hard-boiled yolks of three eggs and the whites of the eggs pressed through a vegetable press; add a tablespoonful of chopped parsley, a small saltspoonful of red pepper, one chopped sweet Spanish pepper, a grating of nutmeg, a teaspoonful of grated onion, mixing well with the macaroni. Put this into individual shells or cases, cover the top with bread crumbs, moistened with melted butter, and brown in a quick oven. Serve with tomato catsup or chili sauce.

MACARONI WITH CHEESE.

Use one-half package macaroni. Put three quarts of boiling water in a sauce-pan, and add the macaroni broken into short pieces. Boil twenty minutes, drain well, cover with cold water, for ten minutes or longer. Drain again; place in baking dish with two tablespoonfuls of butter, melted, one cup of milk, two-thirds cup

of grated cheese, one-half teaspoonful of salt and a little paprica; sprinkle with cheese and bake one-half hour.

CHEESE SOUFFLE.

Four tablespoons butter, two level tablespoons Entire Wheat Flour, one-fourth teaspoon mustard, one-fourth teaspoon salt, one-half teaspoon paprica, three-fourths cup milk; one Shredded Wheat Biscuit rolled and sifted or one-fourth cup granulated wheat shred, one-half cup grated cheese (Old English or Worchester County), three eggs. Melt the butter, in it blend the flour, sifted together with the mustard, salt, and paprica. Add the milk a little at a time, and when it begins to thicken, add the Shredded Wheat Biscuit crumbs, and the grated cheese. Remove from the fire, and add the yolks of the eggs, beaten until lemon colored. Cool the mixture, and cut and fold in the whites of the eggs, beaten dry. Bake twenty-five minutes in a buttered dish, or individual moulds.

WELSH RABBIT ON TRISCUIT.

One cup hot milk, one cup Imperial Cheese pressed through potato ricer, one-half teaspoon salt, one-fourth teaspoon mustard, one-fourth teaspoon paprica, one level teaspoon flour, one egg, well beaten, one teaspoon

butter. Put the milk to heat; mix cheese, flour, mustard, one-fourth teaspoon paprica, one level teaspoon flour, one egg well beaten, one teaspoon egg, mustard, salt and paprica in saucepan, and when the milk is scalding hot, add it a little at a time to the cheese mixture. Stir, cooking slowly, until smooth as cream. Take from the fire and add butter, stir in well and pour over Triscuit, which should be heated in the oven.

GREEN PEPPERS STUFFED WITH SPAGHETTI.

Cut the stem end from green peppers and remove the seeds, drop the pods for five minutes in boiling water, drain and fill with boiled spaghetti mixed with a little finely chopped onion and tomato sauce. Bake without browning and serve hot with tomato sauce.

SPAGHETTI WITH TOMATO SAUCE.

Break a half package of Minnesota Spaghetti into boiling water and boil for thirty minutes, or until tender, strain and cover with cold water while you prepare your tomato sauce. When sauce is ready, throw the spaghetti into a frying pan with brown butter for a few minutes; pour tomato sauce on spaghetti and serve hot. Grated cheese may be sprinkled on it if desired.

TOMATO SAUCE.

Put one pint of tomatoes, canned or fresh, into a saucepan; add a small slice of onion, four whole cloves, a small bay leaf, and a sprig of parsley or celery root. Simmer gently for fifteen minutes and then strain. For one cup of this liquor take two level tablespoonfuls flour and same of butter. Melt the butter in a saucepan; add the flour and stir until smooth and bubbling hot, then turn in the tomato juice. Stir and cook until it comes to boiling point. Season with salt and pepper and a pinch of cayenne.

MACARONI HUNGARIAN.

Boil the macaroni in water for twenty minutes; strain; throw it into cold water; put it back in the saucepan with a very little stock; simmer gently for ten minutes or until it has absorbed the stock; then add a tablespoonful of chopped onion; shake the macaroni until the onion is cooked. Turn it onto a heated platter, put over bits of cream cheese or cottage cheese; pour over browned butter and serve.

MACARONI CROQUETTES.

Two level tablespoons butter, two level tablespoons flour, one-half cup milk, one cup macaroni (measured after being bailed and drained),

one-half teaspoon salt, one-eighth teaspoon paprica, four tablespoons grated cheese. Melt the butter, add flour, seasoning, then milk, stirring constantly till thick and smooth; last add cheese and the macaroni, cut in half inch pieces, set on ice till perfectly cold. Form into balls, dip in crumbs, then in egg beaten with one tablespoon cold water, then in crumbs again, and fry in hot fat till golden brown. Drain on brown paper and serve on a folded napkin and garnish with parsley.

POTATOES.

ESCALLOPED POTATOES.

Pare the potatoes and cut them into thin slices; dispose these in a buttered baking-dish in layers; sprinkle the layers with salt, pepper, onion juice and fine-chopped parsley, dredge with flour and add a few bits of butter. Pour hot milk over the potatoes to just cover them. Bake in a moderate oven about an hour and a half, adding more milk if needed. The potatoes may be boiled five minutes, drained, and rinsed in cold water before being set to cook, or cold boiled potatoes may be used. In both cases the time of baking will be shortened. Grated cheese may be added to each layer.

FRENCH FRIED POTATOES.

Cut the potatoes into any desirable shape. When they are perfectly dry put them into moderately hot fat; let them cook slowly; take them out and cool them. At serving time plunge them into very hot fat until brown and crisp.

GERMAN FRIED POTATOES.

Cut cold boiled potatoes into rounds or blocks; fry in hot fat; dust with parsley and a little salt.

POTATOES O'BRIEN.

Chop cold boiled potatoes rather fine; season with salt, pepper and parsley; add one green pepper chopped fine. To four potatoes add two tablespoonfuls of cream. Put two tablespoonfuls of fat in a shallow pan, put the potatoes in and press them down; let them cook until nicely browned; fold them over and turn them out on a heated platter.

POTATOES AU GRATIN.

Mix a pint of cold boiled potatoes that have been chopped fine with half a pint of cream sauce. Turn them into a shallow baking dish; dust thickly with parmasan and brown.

FRENCH FRIED SWEET POTATOES.

Cut the potatoes into halves, then into quarters, then into eighths. Plunge them into hot fat and keep them in this fat until they are soft. Then throw them out to cool. When ready to serve plunge them for a minute in hot fat until brown.

LYONNAISE POTATOES.

Cut cold boiled potatoes into cubes of half an inch. Put a rounding tablespoon of butter and one of chopped onions in a saucepan; shake until the onion is browned; then put in the potatoes and shake constantly until they are thoroughly hot and but slightly brown. Turn on a heated dish, sprinkle with chopped parsley and serve.

VEGETABLES.

EGG PLANT WITH TOMATO SAUCE.

Pare the egg plant, cut it in slices half an inch thick, then cut the slices into quarters; dust with salt and pepper, dip in beaten egg, roll in bread crumbs and plunge them a few at a time in hot fat. Fry until crisp and a golden brown. Drain carefully on brown paper. Dish on a hot platter. Serve with either tomato catsup or cold tomato sauce.

COLD SLAW.

Moisten two level tablespoons of cornstarch in a little cold milk; add a half cup of hot milk, and stir until thick; add the yolks of two eggs; cook a moment; take from the fire; add a tablespoonful of butter, a teaspoonful of salt, a dash of pepper, one teaspoonful of sugar, and two tablespoonfuls of vinegar. When this is cool mix it with a quart of shaved cabbage that has been soaked an hour in cold water.

STEWED CABBAGE.

Chop the cold cabbage rather fine; soak in cold water one hour; throw into boiling salted water, boil rapidly in an uncovered vessel for twenty minutes. Strain; add a tablespoonful of butter, a half cup of milk or cream, and let it simmer gently for ten minutes.

HUNGARIAN CABBAGE.

Cut red cabbage into long thin strips; throw it into boiling water; boil rapidly twenty minutes. Strain. Put four level tablespoonfuls of butter and a chopped onion into a saucepan and the cabbage; four tablespoonfuls of vinegar, salt and paprica; cover and stew on the back of the stove for twenty minutes.

TURNIPS WITH CREAM SAUCE.

Cut the turnips into blocks, cook them twenty minutes in unsalted water; strain; dish and cover with cream sauce made by blending two level tablespoonfuls of butter with two level tablespoonfuls of flour, salt, pepper and one cup of milk.

CARROTS WITH SAUCE HOLLANDAISE.

Select the large winter carrots; cut them into slices crosswise about one-half inch thick; boil

them carefully in unsalted water until tender. Put two level tablespoonfuls of butter and two of flour in a saucepan; mix; add half pint of boiling water; stir until boiling; take from the fire; add the yolks of two eggs; cook again for a minute until jelly-like, being careful not to curdle, put in another tablespoonful of butter, a tablespoonful of tarragon vinegar; half teaspoonful of salt and a dash of red pepper. Arrange carrots in a vegetable dish; pour over the Sauce Hollandaise and send to the table.

TOMATO CREOLE.

Cut in thirds four fine, large tomatoes. Place in a buttered baking pan and sprinkle over them two green peppers finely chopped, one teaspoon chopped onion, two tablespoons butter in small pieces and a liberal seasoning of salt and paprika. Lift the tomato slices onto toasted halves of Shredded Wheat Biscuit. Then add to the liquor left in the pan two tablespoons of butter, two tablespoons of flour. Stir well until brown, then add one cup of cream. Let it boil up and pour over tomatoes and toast.

SCALLOPED TOMATOES.

Remove contents from one can tomatoes and drain tomatoes from some of their liquor. Season with salt, pepper, a few drops of onion juice,

and sugar if preferred sweet. Cover the bottom of a buttered baking-dish with buttered cracker crumbs, cover with tomatoes, and sprinkle top thickly with buttered crumbs. Bake in a hot oven until crumbs are brown.

CREAMED CAULIFLOWER.

Remove leaves, cut off stock, and soak thirty minutes (head down) in cold water to cover. Cook (head up) twenty minutes or until soft in boiling salted water, drain separate flowerets, and reheat in white sauce made as follows: four level tablespoons butter, four level tablespoons flour, one teaspoon salt, one-eighth teaspoon paprica, one cup water from cauliflower and one cup milk.

CREAMED SPINACH.

One-half peck spinach, one-fourth teaspoon salt, one-fourth teaspoon white pepper, one-half cup heavy cream, two level tablespoons butter: salt and pepper. Pick over and wash the spinach till entirely free from grit; put in a kettle without water and set on stove, where it will cook slowly till the juices are drawn out, then boil till tender. Drain and chop fine. Return to kettle, and butter, salt, pepper and cream: heat, but do not cook.

BOILED ONIONS.

Put onions in cold water and remove skins while under water. Drain, put in a saucepan, and cover with boiling salted water; boil five minutes, drain, and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add a small quantity of milk, cook five minutes, and season with butter, salt and pepper.

STUFFED ONIONS.

Remove skins from onions, and parboil ten minutes in boiling salted water to cover. Turn upside down to cool, and remove part of centers. Fill cavities with equal parts of finely chopped cooked chicken, stale soft bread crumbs, and finely chopped onion which was removed, seasoned with salt and pepper, and moistened with cream or melted butter. Place in buttered shallow baking-pan, sprinkle with buttered crumbs, and bake in a moderate oven until onions are soft.

STUFFED EGG-PLANT.

Cook egg-plant fifteen minutes in boiling salted water to cover. Cut a slice from top, and with a spoon remove pulp, taking care not to work too closely to skin. Chop pulp, and add one cup soft stale bread crumbs. Melt two tablespoons butter, add one-half table-

spoon finely chopped onion, and cook five minutes; or try out three slices of bacon, using bacon fat in place of butter. Add to chopped pulp and bread, season with salt and pepper, and if necessary moisten with a little stock or water; Cook five minutes, cool slightly, and add one beaten egg. Refill egg-plant, cover with buttered bread crumbs, and bake twenty-five minutes in a hot oven.

CREAMED MUSHROOMS.

One can mushrooms, two tablespoons butter, two teaspoons, lemon juice, one teaspoon scraped onion, one-half teaspoon salt, one-eighth teaspoon white pepper, two tablespoons, flour, one cup milk, one-half cup heavy cream. Rinse the mushrooms with cold water, dry in a towel, and cut into halves. Melt the butter in the blazer, add onion, salt, and pepper, and when it is hot, add the mushrooms. Cook slowly three minutes, stirring occasionally, then add the lemon juice; mix well, add the flour. Cook one minute, and add the milk and cream, stirring until thick and smooth.

CORN PUDDING.

To be served as a vegetable. Mix with one pint grated corn (score down the center of each row with a sharp knife, then press out the pulp

with the back of the blade) one cupful of milk, one-fourth cupful of melted butter, four well beaten eggs, two-thirds teaspoonful of salt, pepper and four tablespoonfuls of flour, turn into a well greased pudding dish and bake in a moderate oven until firm in the center.

CABBAGE AND CELERY.

(A Southern Dish.)

Shred cabbage very fine and cut celery into small dice; mix well together and sprinkle with salt and pepper. Put one gill of vinegar into a saucepan and stir in a well-beaten egg. Stir over a hot fire until as thick as cream. Add a saltspoonful of mixed mustard, a tablespoonful of olive oil and a teaspoonful of sugar (or sugar may be omitted if desired). Beat well together and when cold pour on the cabbage and celery.

SWEET POTATOES, SOUTHERN STYLE.

If the rich Southern sweet potatoes are used bake them until tender; the drier Northern variety boil and skin. Cut in thin slices. Put in layers in a baking dish, covering each layer with a generous sprinkling of granulated sugar and melted butter. Over the top put some extra bits of butter and bake in a moderate oven until clear and rich. Keep covered until half done.

CREAMED SALSIFY.

Slice or cut into small pieces some freshly cooked salsify. Before it becomes chilled add sufficient milk to cover, season generously with salt and pepper, stir in very fine cracker dust, allowing about one and one-half tablespoons to a cup of milk, and in the same proportion one tablespoon of butter. Heat this, stirring occasionally, until thoroughly cooked, adding more cracker dust if needed. The exact proportion of this thickening must be separately ascertained for each variety, as cracker dusts vary greatly in their thickening properties. To bring out the flavor of salsify, cracker dust is far preferable to flour as thickening. This dish may or may not be served on toast, with a garnish of parsley.

MOCKED FRIED OYSTERS.

Prepare the salsify as in the foregoing recipe or use a leftover from it. Mash, with a fork, to an even consistency, blending in enough of the cream sauce to soften the mass, but not so much but that it can be molded. Shape as oysters, bread by rolling in bread or cracker crumbs; then, dipping in egg slightly beaten with a little milk or water, and a shake each of pepper and salt, cover again with crumbs and sauté or fry in deep fat. Garnish with parsley or water-cress.

SALADS.

Salads should be served all the year round. Although the salad-plants—lettuce, celery, cress and cucumber—contain little nourishment, they are useful in furnishing a pleasing variety in diet, and for supplying a large proportion of salts which are valuable for purifying the blood. A modern authority says: "Salads refresh without exciting and make people younger." This may not be strictly true, but certain it is that "salad-plants are better tonics and blood-purifiers than drugs."

Salads may be made from a variety of materials, from the ordinary salad-plants, and almost every kind of vegetables, from fish of every kind, from meats of various kinds, fruits and nuts, eggs and cheese.

In serving salad at a meal, its digestibility depends largely on its accompaniments. If it is composed of meat, fish, eggs and cheese, it should form the principal of the meal, especially if made with a mayonnaise, which is very nourishing. If made with only vegetables, especially those containing little nutriment, it should be served along with more nourishing foods.

In making salads have everything very cold. Use only fresh, crisp vegetables. Mix the salad immediately before serving.

FRENCH DRESSING.

One-half teaspoon of salt, one-fourth teaspoon of pepper, one tablespoon of lemon juice, four tablespoons of vinegar, one tablespoon of Maltese Cross Olive Oil. Mix ingredients and stir until well blended.

MAYONNAISE DRESSING.

Beat yolk of one egg, add one-fourth teaspoon of salt, one-fourth teaspoon of mustard, one teaspoon of sugar, one-eighth teaspoon of paprika. Mix thoroughly and add one tablespoon of lemon juice and one tablespoon of vinegar. Beat vigorously with an egg beater, then add a teaspoonful of olive oil and continue the beating; add oil a teaspoonful at a time until six teaspoonfuls have been added, beating all the time; then add the oil by the tablespoonful until a cup of oil has been used. Cover and set in a cool place.

MAYONNAISE DRESSING

One level teaspoon salt, one level teaspoon mustard, one level teaspoon powdered sugar,

one-fourth teaspoon paprica, two tablespoons lemon juice, two tablespoons vinegar, two eggs, one and one-half cups olive oil. Thoroughly chill the oil, bowl and spoon to be used, before beginning the dressing. Separate the eggs. Mix the dry ingredients in the bowl, add the yolks of the eggs, mix well, then add the oil a drop at a time in the beginning. Stir constantly, and as the mixture thickens thin it with the lemon juice and vinegar used alternately. They add more oil till all is used. If the weather is very warm it is well to set the bowl in a pan of ice while mixing the dressing. If a white dressing is desired, use all lemon juice, stirring very thoroughly. After half of the oil has been used, it may be added in larger quantities. If the mixture should curdle it is because the oil has been added too rapidly and may be remedied by taking another egg yolk and adding the curdling mixture to it slowly.

CREAM DRESSING.

One teaspoon salt, one teaspoon mustard, one tablespoon sugar, one egg slightly beaten, two and one-half tablespoons melted butter, three-fourths cup cream, one-fourth hot vinegar. Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

BOILED DRESSING.

Cream two tablespoonfuls of butter, add half a teaspoonful each of salt, mustard, and paprika, add three-fourths cupful of hot milk and a teaspoonful of sugar. Add gradually the yolks of two eggs slightly beaten and cook until thick in a double boiler, stirring constantly. Add gradually three tablespoonfuls of hot vinegar, strain, and cool.

GERMAN SALAD DRESSING.

Mix half a cupful of sour cream with a tablespoonful of sugar, a dash of pepper, a teaspoonful each of salt and mustard, two tablespoonfuls of bacon fat, and half a chopped onion cooked in half a cupful of boiling vinegar.

VINAIGRETTE SAUCE.

Add minced parsley, capers, olives, and pickles to French Dressing. Add grated onion or garlic if desired. Minced chives and the powdered yolks of hard-boiled eggs may be added.

CUCUMBER JELLY.

Peel and trim four or five cucumbers, cut into thin slices and cook until soft in a quart of salted water with a slice of onion and a little

pepper. Add half a package of soaked gelatine, one bay leaf, two tablespoons of vinegar, stir until dissolved, strain and mould, in small moulds or in a border mould. Fish or fresh cucumbers can be moulded in it. It must be ice-cold when served.

TOMATO ASPIC BORDER.

Stew a can of tomatoes with a tablespoonful of chopped onion, a tablespoonful of celery salt, a bit of bay-leaf, and half a teaspoonful of mixed spice. Rub through a sieve and add enough boiling water to make three cupfuls. Add half a package of soaked and dissolved gelatine and cool in a border mould. Fill the center with any preferred salad. The can of tomatoes may be stewed with a little celery, a tablespoonful each of minced parsley and chives, two tablespoonfuls of lemon juice, two cardamon seeds, and salt and paprica to taste.

ROQUEFORT SALAD DRESSING.

Rub an onion over the bottom of a bowl. Stir together one-half tablespoonful each dry mustard and salt, and a saltspoonful each of pepper and sugar. Add six tablespoonfuls of olive oil and one of vinegar and mix well. Add slowly two heaping tablespoonfuls of Roquefort cheese and rub until the dressing is smooth. Use on lettuce, Romaine or endive salad.

ASPARAGUS SALAD.

Cut asparagus in inch lengths, (let cool in the liquid in which it has been cooked). To each two cups of the asparagus add two hard boiled eggs cut in slices; one cupful of celery cut in dice, one-half cup of English walnut kernels broken in small pieces. Serve in nests made of fresh water cress, and put a generous spoonful of Mayonnaise on top of each serving.

SWEETBREAD AND CUCUMBER SALAD.

Parboil a pair of sweetbreads 20 minutes; drain, cool, and cut in one-half inch cubes. Mix with an equal quantity of cucumber cut in dice. Season with salt and pepper, and moisten with Cream Dressing made by beating one-half cup thick cream until stiff, then add one-fourth teaspoonful of salt, few grains of pepper, three tablespoons of vinegar, beating while adding the vinegar. Serve in Cucumber Jelly border.

PEAR SALAD.

Place a half pear on crisp hearts of lettuce with a fringe of water cress. Fill the cavity in the center with grape fruit pulp, and Malaga grapes. Pour over all a dressing made in the proportion of one tablespoon of olive oil, one tablespoon of pure white honey, one-eighth tea-

spoon of salt, dash of paprica, white of one egg and two tablespoons of lemon juice, the whole whipped creamy.

SPRING SALAD.

On a mass of shredded romaine, water cress dandelion, grate raw carrot. Mix with French Dressing, and serve with slices of hard boiled eggs.

HUNGARIAN SALAD.

Line small moulds with red Spanish peppers and fill with blocks of cold salt tongue. Make aspic by soaking two level tablespoonfuls of gelatine in half a cup of cold water for ten minutes, then pour over it one pint of stock; add one teaspoonful of salt and juice of half a lemon; strain and fill the moulds. When firm turn out and garnish with pretty pieces of lettuce and small pieces of celery between. Serve mayonnaise in a boat.

JULIET SALAD.

Cut pineapple into dice and mix with mayonnaise. Serve in lettuce cups and sprinkle cropped nuts over pineapple.

LYMAN SALAD.

Select long green peppers, cut in halves lengthwise, remove the seeds and fill with grape fruit pulp, celery and apple finely cut, and pecan nut meats broken in pieces, using half as much each of celery and apple as of grape fruit, and allowing three nut meats to each case. Arrange on lettuce. Serve with mayonnaise.

EGG, TOMATO AND GREEN PEPPER SALAD.

Cut two hard boiled eggs into lengthwise quarters and three peeled tomatoes into eight sections, each. Cut also a green pepper into thin shreds. Rub a salad bowl with the cut side of half a clove of garlic, and put into it the heart of two heads of lettuce. Arrange the tomatoes and eggs on the lettuce leaves. Pour over the whole a generous half-cup of well-mixed French dressing. Sprinkle with the green pepper, and serve at once. Mayonnaise may be served in a bowl apart, if desired.

WALDORF SALAD.

Mix equal quantities of apple and celery cut in dice. Add one cup walnut meats broken in small pieces. Moisten with Mayonnaise Dressing. An attractive way of serving this salad is

to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to skin to keep apples in shape. Refill shells, thus made, with the salad, and serve on lettuce leaves.

CHICKEN IN ASPIC.

One quart stock, one-half package gelatine, whites and shells two eggs, one tablespoon tarragon vinegar, one tablespoon lemon juice, one teaspoon salt, one-fourth teaspoon pepper, two bay leaves, parsley, one slice onion, one slice carrot. Add onion, carrot, bay leaves and parsley to stock and allow to simmer 15 minutes, then add salt, pepper, vinegar, lemon juice, and gelatine which has been soaked in one-fourth cup cold water. Cool jelly, and when cold add whites and shells slightly beaten; return to fire and beat rapidly until it boils. Boil three minutes (without beating), and set aside for a few minutes. Strain through a double cheese cloth placed over a strainer or through a jelly bag.

Pour one-fourth into a mould and let get cold. Garnish with hard cooked egg and parsley and set with a little liquid jelly. Add chicken, which should be cut into one-fourth cubes, to remaining jelly, and fill the mould.

When firm dip a moment in warm water. Turn out and garnish with quarters of lemon and parsley.

CHICKEN SALAD.

Two and one-half cups of cold chicken cut into dice, with one cup celery cut into small pieces, and French Dressing. Thoroughly chill, pile on crisp lettuce leaves and serve with Mayonnaise.

POTATO SALAD.

Cook four medium sized potatoes and cut them into dice, season with salt and pepper, add one small onion, either chopped or sliced, and two hard cooked eggs cut into small pieces. Add Salad Dressing made by stirring one level teaspoon of flour in three tablespoons of melted butter, add one cup of milk and cook but do not boil. Add three whole eggs or the yolks of three well beaten, one-half cup of vinegar. Cook in a double-boiler, stirring constantly so as to avoid lumps.

GERMAN POTATO SALAD.

Boil the potatoes and peel while hot, slicing an eighth of an inch thick into a deep bowl. To every three medium-sized potatoes allow two tablespoonfuls of hot bacon or ham fat, and three of hot vinegar, not too strong; mix this carefully through the potatoes, then cover with a plate until the mixture is cold. An hour before serving mix through the potatoes one medium-sized onion

shaved very thin, a teaspoonful of parsley chopped very fine, and one or more hard-cooked eggs chopped fine. Season with pepper and salt to suit, and serve on lettuce.

CHEESE SALAD.

Mash a cream cheese, moisten with cream and season with salt and paprica. Add six olives finely chopped, two tablespoonfuls of Pimentos cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices and serve on lettuce leaves with Mayonnaise.

LENOX SALAD.

Remove the skins and seeds from white grapes. Add an equal quantity of English walnuts broken in pieces. Marinate with French dressing and arrange on lettuce leaves. Substitute white cherries for grapes if preferred.

STRAWBERRY SALAD.

Make a cup of two heart leaves of lettuce. Heap strawberries cut in halves in the center, sprinkle with powdered sugar, and add a teaspoonful of mayonnaise dressing on each portion. Serve with Neufchatel or Philadelphia cream cheese.

A SOUTHERN SALAD.

A favorite salad in the South, and one which is very decorative when served properly, is made of a large white head of cabbage. Cut out all the inside of the cabbage from one end, and refill with finely chopped celery and apple, one tablespoonful of onion juice and mayonnaise dressing, mix all thoroughly. Cloves stuck at regular intervals around the outside of the cabbage produces a very pretty effect. Set the cabbage on a dish laid with lettuce leaves.

FRUIT SALAD.

To the sliced pulp from one grape fruit add a half pound of skinned and seeded white grapes and with this eight preserved quinces cut in small squares. (Canned pears or peaches may be substituted.) To three-fourths of a cup of cream add three tablespoonfuls of lemon juice, and half a tablespoonful each of salt and paprika and beat until firm. Arrange the fruit in separate groups, the quince in the center on a bed of lettuce-hearts. Pour the cream on the quince and serve on leaves of lettuce.

STUFFED CUCUMBER SALAD.

Take medium sized cucumbers, peel carefully, cut a strip off the top, scoop out the seeds and put in ice water for several hours, to draw out

the bitterness and make the cucumbers crisp. Just before serving fill them with shredded cabbage and cherry tomatoes cut in half and covered with a French dressing. Arrange on a platter garnished with nasturtium leaves and flowers.

STUFFED BEET SALAD.

Select well-formed, medium-sized beets, boil until well done, take off the skins while warm, cut off a bit of the end so the beet will stand steadily on the plate; with a potato ball cutter remove the center, leaving enough beet to make a thick cup. Let the beets stand one hour in vinegar, then make a salad of finely shredded celery, a few French peas and a thick mayonnaise. Take the beets from the vinegar, drain and fill with the celery salad, arrange them on a platter, and garnish with pitted olives, radishes cut in flower shapes, and small lettuce leaf hearts.

MEATS.

Meat is the most easily digested of the protein foods. Of the various meats, beef is the easiest of digestion, pork the least so. Immature meats like veal and lamb are less digestible than beef. Rarely cooked beef is more digestible than that which is well done. Meat is mostly digested in the stomach. Only about 5% is unabsorbed.

Cooking meat develops and improves the flavor. It softens the connective tissue and destroys germs which might cause dangerous decomposition, and in the case of pork destroys parasites that are sometimes found in it. Cooking also improves the appearance and makes it more attractive to the eye.

ROAST RIBS OF BEEF.

Wipe meat, heat dripping pan on top of stove, place roast in pan and sear all cut surfaces, place in oven, skin side up, and roast twenty minutes to each inch of thickness. Have oven moderate. If wanted rare, roast fifteen minutes to an inch, medium twenty minutes to an inch, twenty-five minutes to an inch for well done.

RUMP OR POT ROAST.

Have the butcher extract the bone from the rump roast and take a few stitches to keep the piece in shape. Place in an iron or aluminum pot with a tight cover. Put in with two small onions with two cloves stuck in each, a pod of red pepper, two carrots, salt, a little allspice. Pour enough boiling water over the beef to nearly cover it. Let it come to a hard boil, then set the pot where it will simmer for six hours. Place the beef on a hot dish, strain the gravy, and take off every particle of grease. Have ready one-half teaspoonful of sugar browned in a saucepan, pour the gravy over it, and thicken it with a little flour. When cooked pour over the beef. Cut up the carrots and arrange around the meat.

BROWN GRAVY.

Remove all but three tablespoonsful of fat from pan in which meat was roasted. Add two tablespoonsful of flour and stir rapidly until well browned. Add gradually two cups of boiling water and stir until gravy thickens. Season with salt and cayenne. One teaspoonful of Worcestershire sauce improves gravy for beef.

PRESSED BEEF FLANK.

Wipe, remove superfluous fat and roll a flank of beef. Put in a kettle, cover with boiling

HAMBURG STEAK.

BEEF LUNCHEON STYLE.

Minced raw beef seasoned with salt, cayenne and parsley, and moistened with cream, moulded in cutlet form or flat cakes and broiled. Serve with brown, plain or tomato sauce.

PAN BROILING.

Heat a cast iron or aluminum frying pan until smoking hot, put steak in pan and turn in ten seconds, repeat, until meat is well seared, then decrease heat and finish cooking, turning less often during the latter part of cooking. Do not allow fat to accumulate in pan. Pour it off several times while the meat is cooking, otherwise the meat will be fried.

PAN BROILED CHOPS.

Chops for pan broiling should have flank and most of fat removed. Wipe chops and put in hissing hot frying pan. Turn as soon as under surface is seared, and sear other side. Turn often, using knife and fork that the surface may not be pierced, as would be liable if fork alone were used. Cook six minutes if liked rare, eight to ten minutes if liked well done. Let stand around edge of frying pan to brown the outside fat. When half cooked, sprinkle with salt. Drain on brown paper, put on hot platter, and spread with butter or serve with tomato sauce.

SAVORY LOAF.

Three pounds lean beef chopped fine, three slices bread soaked in one-half cup of milk, three beaten eggs, one-half cup of butter, salt and pep-

per. Mix all together and make in a roll. Bake two hours, basting often with plenty of water in the pan.

BROILED STEAK.

Light the oven burners at least five minutes before the time for broiling. Allow twelve to fifteen minutes for a steak an inch and a half thick. When the rack and pan are hot, place the steak on the rack, and put it as near the flames as possible without having it touch. As soon as it is seared and brown on one side, turn, sear and brown on the other. Now turn again. Remove the rack three or four slides down, but do not reduce the heat. Cook for five minutes; turn the steak and broil for five minutes longer and it is ready to season and serve. Broil chops the same as steak.

CROWN OF LAMB.

Selected parts from two loins containing ribs, scrape flesh from bone between ribs, as far as lean meat, and trim off backbone. Shape each piece in a semi-circle, having ribs outside, and sew pieces together to form a crown. Trim ends of bones evenly, care being taken that they are not left too long, and wrap each bone in a thin strip of fat salt pork to prevent bone from burn-

ing. Roast one and one-fourth hours, covering bones with buttered paper. Remove pork from bones before serving.

STEAK STANLEY.

One pound of lean beef from the upper portion of the round of the rump steak. Trim off the fat and skin and put the meat twice through a meat-chopper; add one rounding teaspoonful of salt, one teaspoonful of scraped onion, one-eighth teaspoonful of pepper. Form at once into small steaks, being careful to have them of even thickness. Pan boil for ten minutes. Serve with sauce made as follows: Blend two level tablespoons flour, one cupful stock, one teaspoonful of butter with two of flour, one cup of milk, salt, pepper and half a cup grated horseradish.

SPANISH BEEF.

Two cupfuls chopped cooked meat, two tablespoons butter, one cupful of tomatoes, two tablespoons flour, one cupful stock, one teaspoon salt, one-eighth teaspoon pepper; melt and brown the butter, add one small onion, sliced, and cook until delicately browned; add the flour and brown, stirring all the while; then add the meat; add the stock and tomatoes, and cook until thoroughly heated. Season and serve.

BAKED CALVES' HEART.

Wash the heart thoroughly in cold water. Remove all the tough muscular part from near the top. Remove the clot of blood from the tip. Stuff with plain bread stuffing, seasoned with salt, pepper, butter and chopped parsley. Take two stitches across the top of the heart, drawing it together. Stand in a sauce pan top down. Add sufficient water or stock to partly cover; bring quickly to the boiling point. Add a teaspoonful of salt, one tablespoonful of vinegar, bay leaf and slice of onion. Boil for one hour. Lift heart out carefully, put it in a baking dish, brush with melted butter and bake in a quick oven for half an hour or until they are nicely browned. Serve with brown sauce, made of two level tablespoonfuls of butter and flour and one cup of the stock the heart cooked in.

CREAM HASH WITH TOAST.

Chop veal, mutton or beef as fine as for hash and in the quantity needed. Fry a few minutes in salt pork dripping. Take from the fire and in the same frying pan make a rich cream gravy—if cream is not possible use rich milk. Use two level tablespoonfuls each of flour and butter to thicken a cup of milk. Pour half of this sauce or gravy into a pan and place over hot water. Thin it with a little hot water. Dip into

it well-buttered slices of toast and lay them on a flat dish set in a warm place. In the remainder of the thick cream gravy put the minced meat, cook five minutes, then spread over the toast and serve hot.

CREAMED SWEETBREADS.

Soak in cold water one hour. Throw them into boiling water in which you have one teaspoonful of lemon juice and half a teaspoonful of salt. Cook half an hour. Drain, cool quickly and break them apart into pieces. Chop fine half a can of mushrooms, mix them with the sweetbreads. Put two level tablespoonfuls of butter and two of flour in a saucepan; when well blended add half a pint of milk, stir until boiling. Add the sweetbreads and mushrooms, one teaspoonful of salt, one-eighth teaspoonful of pepper. Stand over hot water for ten minutes. Serve on toast in individual dishes, paper cases or in a dish garnished with cooked peas.

LAMBS' KIDNEYS, SAUTE.

Split three pairs of lambs' kidneys, scald them, throw into cold water, then drain and wipe dry. Fry in butter and when done pour over them a sauce made by adding to the fat in the pan a gill of stock, salt and pepper to taste, and one-half tablespoonful of sherry.

USEFUL INFORMATION.

TO SELECT POULTRY

A chicken is known by soft feet, smooth skin, and soft cartilage at end of breastbone. An abundance of pinfeathers always indicates a young bird, while the presence of long hairs denotes age. In a fowl the feet have become hard and dry with coarse scales, and cartilage at end of breastbone has ossified. A good turkey should be plump, have smooth dark legs, and cartilage at end of breastbone soft and pliable. Good geese abound in pinfeathers. Small birds should be plump, have soft feet and pliable bills.

TO CUT UP A CHICKEN.

Singe, draw out pinfeathers, cut off head, remove tendons and oil bag. Cut through skin between leg and body close to body, bend back leg (thus breaking ligaments), cut through flesh, and separate at joint. Separate the upper part of leg, second joint, from lower part of leg, drumstick, as leg is separated from body. Remove wing by cutting through skin and flesh around upper wing joint which lies next to body,

then disjoint from body. Cut off tip of wing and separate wing at middle joint. Remove leg and wing from other side. Separate breast from back by cutting through skin, beginning two inches below breastbone and passing knife between terminus of small ribs on either side and extending cut to collar-bone. Before removing entrails, gizzard, heart, liver, lungs, kidneys, crop and windpipe, observe their position, that the anatomy of the bird may be understood. The back is sometimes divided by cutting through the middle crosswise. The wishbone, with adjoining meat, is frequently removed, and the breast meat may be separated in two parts by cutting through flesh close to breastbone with cleaver. Wipe pieces, excepting back, with cheese cloth wrung out of cold water. Back piece needs thorough washing.

TO ROAST CHICKEN OR TURKEY

Dress, clean, stuff, and truss a chicken. Place on its back on rack in a dripping-pan, rub entire surface with salt, and spread breast and legs with three tablespoons butter, rubbed until creamy and mixed with two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour is well browned, reduce the heat, then baste. Continue basting every ten minutes until chicken is cooked. For basting, use one-fourth cup butter, melted in

two-thirds cup boiling water, and after this is gone, use fat in pan, and when necessary to prevent flour burning, add one cup boiling water. During cooking, turn chicken frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour two or three times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast meat is tender, bird is sufficiently cooked. A four pound chicken requires about one and one-half hours.

BREAD STUFFING FOR CHICKENS AND TURKEYS.

Two cups of soft bread-crumbs, one-half a cup of butter, melted in one-third a cup of hot milk or water, one-fourth a teaspoonful of salt, one-fourth a teaspoonful of pepper, one-half a teaspoonful of powdered sweet herbs or spiced poultry seasoning, and one beaten egg.

Mix the ingredients together thoroughly. The bread should be twenty-four hours old and taken from the centre of the loaf. Exact quantities of seasoning are given, but this is a matter of individual taste. At least twice the amount of ingredients given in the recipe will be needed for a nine or ten-pound turkey. The egg may be omitted if the dressing is to be eaten hot; a

cold dressing will slice better if the egg be used. Cracker-crumbs give a drier stuffing.

OYSTER STUFFING.

To a highly seasoned bread-stuffing add an equal bulk of whole oysters. Or fill the fowl with oysters dipped in cracker-crumbs, then in melted butter and again in crumbs. As long cooking detracts from the goodness of oysters, the fowl may be roasted without stuffing and serve with scalloped oysters.

CASSEROLE OF CHICKEN.

Disjoint a young chicken. Heat three table-spoonfuls of butter in a casserole and sauté in it the chicken and a small onion and half a carrot, both cut in slices. Add a bay leaf, the chicken, and one cup and a half of white-stock; cover closely and let cook three-fourths an hour, or until nearly tender. Add a dozen potato-balls, cut with French cutter and browned; half a dozen mushroom caps, peeled and sautéed in butter; one-third a cup of sherry wine, and a piece of bay leaf. Season with salt and pepper, let cook ten minutes, remove the fat and serve in the casserole.

ROAST GOOSE WITH POTATO STUFFING.

Singe, remove pinfeathers, wash and scrub a goose in hot soapsuds; then draw (which is removing inside contents). Wash in cold water and wipe. Stuff, truss, sprinkle with salt and pepper, and lay six thin strips fat salt pork over breast. Place on rack in dripping-pan, put in hot oven and bake two hours. Baste every fifteen minutes with fat in pan. Remove pork last half-hour of cooking. Place on platter, cut string, and remove string and skewers. Garnish with watercress and bright red cranberries, and place Potato Apples between pieces of watercress. Serve with apple sauce.

POTATO STUFFING.

Two cups hot mashed potato, one and one-fourth cups soft stale bread crumbs, one-fourth cup finely chopped fat salt pork, one finely chopped onion, one third cup butter, one egg, one and one-half teaspoons salt, and one teaspoon sage.

Add to potato, bread crumbs, butter, egg, salt, and sage; then add pork and onion.

BREAD STUFFING FOR GOOSE.

Mix a cup and a half of bread crumbs with a

quarter cup of chopped butter, and a large chopped onion. Season with salt and pepper and powdered sage leaves. Add a beaten egg and enough milk to wet the mixture.

VEGETABLES SERVED WITH MEAT.

With roast beef the favorite methods of serving potatoes are Franconia or baked with the beef, escalloped, mashed, or mashed and browned. Other vegetables that may accompany the roast are cauliflower, Brussels sprouts, new beets, beet greens, spinach, salsify, tomatoes, onions, squash, white turnips, green corn, peas, and beans of all kinds, and rice, hominy, farina or macaroni.

Beefsteak, mutton or lamb chops are accompanied by sweet or white potatoes in any form, fresh-cooked or warmed over, or by any of the vegetables served with roast beef. Asparagus is often served with meat, but is more appropriately served as a course by itself.

With stewed or braised beef, potatoes, turnips, parsnips, carrots, tomatoes, peas, beans or vegetables à la jardinière are served.

With corned beef serve boiled potatoes (sweet or white), turnips, cabbage, beets, carrots, beet tops, spinach, dandelions, Brussels sprouts, cauliflower, and parsnips.

Boiled mutton or lamb may be accompanied

by boiled potatoes, turnips, salsify, onions, carrots, cauliflower, Brussels sprouts, spinach or green beans.

Roast mutton calls for same vegetables as roast beef, and also red-currant jelly and baked or fried bananas.

With roast lamb, potatoes, green peas, beans, spinach, summer squash, white turnips, and asparagus—if this latter be not desired as a separate course—are served.

With veal, roast or braised, choose white turnips, spinach, beet tops, young beets, peas, beans, dandelions, or escalloped cabbage.

Roast pork calls for potatoes (white or sweet), squash, onions, turnips, parsnips, spinach, salsify, or cauliflower, and apple sauce.

Serve with poultry, roasted or boiled, potatoes (white or sweet), turnips, celery, cooked or uncooked, onions, Brussels sprouts, cauliflower, squash, mushrooms, green corn, peas and beans, rice, and cranberry sauce. Asparagus accompanies broiled spring chicken.

With game, the vegetables are usually prepared in a somewhat elaborate manner. The vegetable considered the vegetable par excellence is celery, which may be served plain, stewed in cream sauce, braised with a brown sauce, or as a salad. Other vegetables are white potatoes in croquettes, or balls, sweet potatoes, glazed, tomatoes, broiled, or in a salad, cauliflower au

gratin, spinach à la creme, or peas. Olives and black-currant jelly are passed with duck; currant jelly, with venison; and fried hominy, with grouse and duck.

Use only silver implements (silver fish slice, spoon or fork) in serving fish not protected with a covering of egg and crumbs.

PASTRY.

Have everything cold in making pastry. Always roll one way, never back and forth. In making short crust, handle as little and lightly as possible. If a shiny surface is desired, brush lightly with beaten egg. Cook pastry in a hot oven.

FLAKY PASTRY.

To three cups of pastry flour add one-half teaspoonful of salt, one teaspoonful of sugar, and with a knife or tips of the fingers work in one-half cup of lard. When it looks like meal, add water gradually and mix to a paste. (Three-eighths to three-fourths cup of water.) Knead slightly, cover and let stand five minutes. Then pat with a rolling pin and roll out in a rectangular sheet. Fold in one-half cup butter, and give the dough three or four turns. Allow five minutes between each turn. Can be used at once.

PASTRY WITH LARD.

One and one-half cups of flour, one-half cup of lard, one scant teaspoon of salt, one teaspoon

of sugar, and sufficient water to make a soft dough. Roll and fold twice.

PUFF-PASTRY.

One pound butter, one pound flour, one teaspoon lemon-juice, one cup ice water, white of one egg.

Put butter in a cloth in a bowl of ice water, and knead with a wooden spoon till elastic. (About fifteen minutes, and place on ice.) Sift flour, add to it lemon-juice, and white of egg slightly beaten, add enough of the water to make a stiff dough. Knead the dough on a board until smooth (about ten minutes), then roll out one-half inch thick; lay the butter on the dough, fold it over, roll out, fold and roll again, and put on ice to cool. Repeat this process until the dough has been rolled and folded eight times; then roll out, and bake in a moderate oven about half an hour.

MINCE MEAT (Without Meat).

Two pounds of finely chopped suet, four pounds bread crumbs, four pounds currants, four pounds raisins, five pounds brown sugar, one-half pound mixed candied peel, five pounds of apples (peeled, cored and chopped fine), one ounce each of ground cinnamon and cloves, two

teaspoons ground mace, one tablespoon salt, one quart boiled cider.

Remove all pieces of skin and membrane from the suet, and chop fine. Prepare the apples by peeling, coring, cutting in quarters, and chopping fine. Use stale bread for the bread crumbs, and grate it. Seed the raisins, and chop. It is much easier to seed raisins if they are put for a few minutes into a bowl of warm water. The currants should be prepared by washing and rubbing between a rough towel to remove stems, then dried again in the oven. Cut the peel in thin slices, and in little pieces about one-half inch long. If the brown sugar is lumpy, sift it. Put all the prepared ingredients together in a large bowl, and mix thoroughly, then put away in glass or stone jars for use. Additional flavor may be given by adding the grated rind and juice of half a dozen oranges.

Use puff pastry or a rich, short crust for the pies, rolling it very thin. Cook till the pastry is thoroughly cooked, but not until the mince-meat is dried. These mince pies may be eaten either hot or cold.

MINCE MEAT FOR PIES.

Boil a pound of lean fresh beef, and when it is done, chop very fine. Add a half pound of minced beef suet, three pounds of sour apples chopped fine, a quarter pound of citron cut into

small pieces, a half pound of sultana raisins cut into halves, a half pound of whole seedless raisins, a grated half nutmeg, a pound and a quarter dried and prepared currants, the juice of a lemon, an ounce of candied lemon peel chopped into small pieces, two pounds of sugar, a half pint of syrup, a teaspoonful each of ground cloves, cinnamon, allspice, ginger; a teaspoonful and a quarter of salt, a pint of boiled or sweet cider, or enough to wet the mixture. Mix and cook until the apples are tender. Then add a wineglass of brandy—or leave this out. This quantity of mince meat will fill from eight to ten pies.

RHUBARB PIE.

Skin the rhubarb and cut into inch lengths. Line a pie dish with good pastry, wash this over with the white of an egg, put in the rhubarb in layers and sweeten each layer plentifully with sugar. Put on a top crust and bake to a good brown. Eat cold and sprinkle well with sugar.

RHUBARB PIE.

One cup chopped rhubarb (all solid, no juice), one cup of sugar, yolks of two eggs, one deserts-^{teaspoon}ful of flour; mix well and flavor with lemon extract. Beat two whites and brown. If you do not care for the meringue on top, use only one egg. Tastes like lemon pie.

MILK PIE.

One pint milk, scalded; three eggs, two tablespoonfuls flour wet with a little cold milk (like starch). Stir this into the scalded milk, add the beaten eggs after it comes from the fire, then sweeten to the taste and add a little salt and flavor. Bake in deep plates like a custard, with bottom crust. This is excellent.

APPLE DUMPLINGS.

Materials: Two cups of flour, two teaspoonfuls baking powder, one teaspoonful salt, one tablespoonful butter, one tablespoonful lard, one cup milk cinnamon, brown sugar, three large tart apples chopped.

Way of preparing: Sift the flour, baking powder and salt together. Work into these the butter and lard. Then use the milk and combine all these ingredients into a dough. Place on the molding board and roll into a sheet one-half of an inch thick and longer than wide. Brush it with melted butter and sprinkle thickly with brown sugar and cinnamon. Cover with the chopped apples and roll up as you would a jelly roll. Then cut into twelve equal slices. Place the slices on end in a buttered pan. Pour one-half the sauce over them and bake until the apples are tender. The following is the sauce:

Materials: One cup sugar, one tablespoonful

butter, one tablespoonful flour, one-fourth teaspoonful salt, one and one-fourth cups hot water, one-half a lemon sliced.

Way of preparing: Mix the sugar, flour and salt. Place in a small sauce pan and add the butter, lemon and water. Stir until boiling. Cook four minutes. Then pour one-half of it over the raw dumplings. Pour the other half over after they are baked.

COTTAGE CHEESE PIE.

Two cups of cottage cheese, two eggs, two tablespoons of granulated sugar, one-fourth teaspoon each of salt and of cinnamon, one-half cup of sour cream (adding more if the cheese is very dry). Stir the cheese well until entirely free from lumps. Add the salt, sugar and cinnamon. Add the eggs and sour cream well beaten together. Line a pie tin with pastry as for custard pie. Fill it with the cheese mixture, and bake in a hot oven for twenty minutes.

LEMON PIE.

One cup boiling water, one cup sugar, rind and juice of one lemon, two tablespoons cornstarch, two tablespoons butter, two eggs.

Mix the cornstarch with a little cold water. Add to the boiling water, and cook three minutes. Remove from the fire, and add the sugar and

butter creamed together and the yolks of the eggs well beaten.

Line pans with paste rolled one-fourth inch thick. Prick the bottom of the paste, and bake; when almost done, fill the pans three-fourths full with lemon filling, and cook till pastry is done; then cover with a meringue made of the whites of the eggs beaten stiff with two tablespoons powdered sugar. Cook very slowly till slightly browned.

Serve cold.

CHEESE STRAWS.

One cup flour, one-fourth cup butter, one cup grated cheese, one egg, two tablespoons cold water, one-fourth teaspoon salt, one-eighth teaspoon paprica.

Mix the butter and cheese with the flour, which had been sifted with the salt and paprica. Beat the egg and water, add to the other ingredients, and mix into a stiff dough. Place on a floured board, and roll out thin. Cut in strips five inches long and a quarter of an inch wide. Bake in a moderate oven till golden brown.

Serve with salad.

COCOANUT CREAM PIE.

Beat the yolks of two eggs with four tablespoons of sugar and one of cornstarch. Add a

pinch of salt, a tablespoon of vanilla, and two cups of milk. Cook in a double boiler until thick, stirring constantly. Stir in a cup of grated cocoanut, and when cold spread between layers of sponge cake. Beat the white of the eggs stiff, sweeten and spread on top of the pie. Sprinkle thickly with cocoanut.

PUDDINGS AND DESSERTS.

STRAWBERRY PUDDING.

One-fourth cup butter, one-half cup sugar, one cup flour, one teaspoonful of baking powder, one-half cup of strawberry juice, stiffly beaten whites of two eggs. Cream butter and sugar, add flour, one-eighth teaspoon of salt and baking powder sifted together, strawberry juice and lastly fold in whites of the eggs. Butter pudding cups. In the bottom of each place a large berry, cover with batter, then a layer of berries, cover with the batter, having cups a little over half full. Steam for thirty minutes and serve hot with strawberry sauce.

STRAWBERRY SAUCE.

Cream one-third cup of butter with one cup of powdered sugar, add the white of one egg beaten until stiff, then add two-thirds cup of strawberries and beat until the fruit is mashed.

SNOW BALLS.

One-half cup butter, one cup sugar, one-half cup milk, two and one-fourth cups flour, three

level teaspoonsful of baking powder, whites of four eggs. Cream butter and sugar, then add milk and flour sifted with the baking powder and a pinch of salt. Add whites of eggs beaten until stiff. Steam thirty-five minutes in buttered cups. Serve with preserved fruit, marmalade or strawberry sauce.

STRAWBERRY SHORTCAKE.

Two cups flour, one tablespoon sugar, one-half teaspoon salt, four level teaspoons baking powder, one-third cup butter, three-fourths cup of milk. Mix dry ingredients, sift twice. Work in butter with tips of fingers and add milk gradually. Divide in two parts. Roll on floured board. Put in round buttered tin and shape with back of hand to fit the pan. Spread with butter, lay the other part on top and bake in a moderate oven. Separate the pieces, spread with butter, layer of berries, that have been previously mashed and sugared. Place berries on top and serve with whipped cream.

STRAWBERRY DUMPLINGS.

Sift two cups of flour with three teaspoons of baking powder, two teaspoons of sugar, one-half teaspoon of salt. With tips of fingers work in two tablespoons of butter, two tablespoons of lard, and enough milk to make a soft biscuit

dough. Roll out one-half inch thick, spread with soft butter, cover with strawberries cut in slices, sprinkle with sugar, and roll up as for cinnamon rolls. Cut off in one-half inch slices, place in pan, and pour around them a sauce made as follows: Boil one pint of strawberries with one cup of water for ten minutes. Strain and put back on stove with one and one-half cups of sugar, juice of one-half of a lemon, and two tablespoons of flour. Cook until smooth, and pour one cup in pan with dumplings. Bake fifteen minutes, and serve with rest of sauce.

COTTAGE PUDDING WITH ORANGE SAUCE.

Two cups flour, two teaspoonsful of baking powder, one-half teaspoon of salt, one-half cup butter, mixed in with finger tips, one-half cup of milk, two eggs beaten separately, whites folded in last. Bake thirty minutes in gem pans, and serve with sauce.

ORANGE SAUCE.

Pulp of one orange broken into small pieces, cover with one cup of powdered sugar. Let stand for an hour or more, and just before serving add the stiffly beaten white of one egg.

ORANGE PUDDING.

Cream one-third cup of butter with one cup of sugar, add two eggs well beaten, one and three-fourths cups of flour, pinch of salt and three teaspoons of baking powder. Bake in individual pans and serve with sauce made as follows:

Beat whites of three eggs until stiff, add gradually one cup of sifted powdered sugar, juice and rind of two oranges, and juice of one lemon.

CREAM PUDDING.

Put one pint of milk in double boiler, moisten four level tablespoons of Kingsford's Cornstarch with a little extra milk, add to the hot milk and stir until smooth; add one-half cup of sugar, and pour, while hot, over the well beaten whites of four eggs. Add a pinch of salt and one teaspoon of vanilla. Turn at once in a mould and stand away to cool. Serve with custard made from the yolks of the eggs, three tablespoons of sugar, pinch of salt and one pint of milk.

CARROT PUDDING.

Cream one-half cup of butter with one cup granulated sugar, add two eggs, thoroughly beating in each one. One-half cup of currants, one-half cup of raisins, one cup of flour, one-half teaspoon each of cinnamon, cloves and nutmeg,

one cupful of grated carrots, one cup grated raw potatoes, one scant teaspoon of soda dissolved in one tablespoon of hot water and added to the potatoes. Put in a buttered mould and steam three hours.

BREAD PUDDINGS.

Grate stale bread after drying it thoroughly. To three tablespoonsful of the crumbs add one pint of cold milk, three eggs beaten with four tablespoonsful of sugar, two tablespoonsful of cocoanut, one-half teaspoonful of vanilla. Soak ten minutes; then fill cups nearly full; stand in a pan of boiling water, and set in a moderate oven until the puddings are firm in the center. Five minutes before removing, draw the pan toward the front of the oven, and spread grated sweet chocolate over the tops; then leave in the oven until the chocolate melts. Let the puddings become cool, but not cold, before serving.

JERSEY RICE PUDDING.

One quart cold milk, one-half cup rice, scant measure, little salt, one-half cup sugar, butter size of an egg. Put in a nappy and bake slowly two and one-half hours, stirring frequently until the last hour. When done it should be like thick cream and slip in the dish as you tip it. This

pudding must be carefully baked; it must not be hurried.

VANILLA CUSTARD.

Boil one pint of cream with four ounces of sugar for a quarter of an hour and strain through muslin. Beat well the yolks of six eggs and pour milk over them, placing the bowl over a pan of boiling water. Stir rapidly till it thickens. Let it cool gradually, then add one teaspoonful of vanilla and stir continually. When cold serve in a dish covered with whipped white of eggs sifted over with sugar.

ORANGE AND RICE LOAF.

Boil one cup of rice in water until tender, drain and put in a double-boiler with one cup of milk, three-fourths cup of sugar, yolks of three eggs, one cup of orange juice, one-third teaspoon of salt. Cook fifteen minutes, take from the fire and add one teaspoon of orange extract, and turn into a mould. When cold unmould and serve garnished with whipped cream and slices of orange.

APPLE DELIGHT.

Peel and core four large tart apples. Steam them until tender, and press through a sieve. While hot add two packages of Minute Gelatine

and beat thoroughly. Stand the mixture on ice and stir it until it begins to thicken, then fold in one pint of whipped cream. Turn into and put on ice until ready to serve.

HOW TO PREPARE PLAIN JUNKET.

Drop one Junket Tablet and a tablespoonful of cold water into a cup and crush with a spoon to dissolve thoroughly.

Heat one quart of pure milk until lukewarm, about 98 degrees F.—no more; add sugar and flavor to taste and, if desired, a trifle of one of the Junket colors.

COFFEE JUNKET.

Make a half cup of strong coffee by pouring a half cup of freshly boiling water over two tablespoons of pulverized coffee. Add the clear coffee and a half cup of sugar to a quart of milk. If necessary, heat until lukewarm and stir until the sugar is dissolved. Add the dissolved tablet and finish as a plain Junket. Heap whipped cream on top.

CARAMEL JUNKET

Cook three-fourths a cup of sugar to caramel. Add hot water and let cook, stirring after a time, until a thick syrup is formed. Let cool a little. Then turn into one quart of rich milk and

one cup of cream. Add also one-fourth of a cup of sugar and, if not already at blood heat, set the dish containing the mixture into a pan of hot water for a few minutes. When at the temperature of about 90 degrees Fahr., stir in a junket tablet, crushed and dissolved in a tablespoonful of milk or water. Then turn into sherbet glasses. Let the glasses stand in a warm place until the mixture jellies. Then chill before serving.

ENGLISH PLUM PUDDING.

This recipe has been used successfully for at least one hundred years. Chop fine one pound of beef suet. Mix together, thoroughly, one pound each, of seeded raisins and cleaned and dried currants, half a pound of citron in fine shavings, one cup of flour, one grated nutmeg, a teaspoonful of salt, and a tablespoonful, each, of mace and cinnamon. Beat the yolks of six eggs. Add five tablespoonfuls of sugar, and beat again. Then add four tablespoonfuls of cream and half a cup of brandy or sherry (orange juice with grated rind may be substituted for the wine), and pour over three cups of grated bread crumbs. Mix the suet and floured fruit evenly together. Then stir in the egg-and-crumb mixture, and, lastly, the whites of six eggs, beaten dry. Turn into a buttered mould or moulds, and steam six

hours. Do not allow the water to cease boiling during the cooking.

LIQUID SAUCE FOR PLUM PUDDING.

Melt a cup of sugar in half a cup of water. Let boil five minutes. Add half a cup of brandy and the juice of half a lemon.

HARD SAUCE FOR PLUM PUDDING.

Cream half a cup of butter. Gradually beat in one cup of sugar, then the white of one egg, beaten light, and drop by drop three or four tablespoonfuls of brandy. Or omit the brandy, shape the mixture in a pretty dish, and grate nutmeg over it.

CHERRY BATTER PUDDING.

An easily made cherry pudding calls for two eggs well beaten; to these add one cupful of milk, a half teaspoonful of salt, one tablespoonful of sugar and sufficient sifted flour to make a thick drop batter. Beat well for a moment, add one level teaspoonful of baking powder and one cupful of stoned cherries. Turn into a well buttered mold and steam for two hours, serving it with either a hard or soft sauce.

SHREDDED WHEAT PUDDING.

One pint milk, one-half cup rolled and sifted Shredded Wheat Biscuit, one-fourth teaspoon salt, one-half cup molasses, three eggs, one-half teaspoon cinnamon. Beat the eggs, add salt, crumbs, molasses and cinnamon. Mix well, beat in the milk, turn into a buttered pudding dish and bake, covered, forty-five minutes in slow oven. Remove cover and brown. Serve with hard sauce, or cool and serve with cream and sugar.

HARD SAUCE.

Four level tablespoons butter, one cup sifted powdered sugar, white of one egg, one-half teaspoon lemon extract, nutmeg. Scald the bowl and spoon. Cream the butter and add the sugar, a little at a time, working it in till it is light and smooth. Then add the white of the egg beaten dry. Beat it into butter and sugar till white. Add flavoring, beat in well. Pile lightly in dish and sprinkle with nutmeg.

ST. PETER'S PUDDING.

In three pints boiling water dissolve three envelopes Minute Gelatine (plain) and one cup sugar. Add to this, when cool, two large oranges cut in very small pieces, two bananas sliced thin, one-half cup seeded raisins, one-half

cup nut meats, one cup apricot sauce, one cup sliced peaches and juice of one lemon. Pour into a mould and set in a cool place. Serve with whipped cream. If desired, a cup sherry or port wine may be used in place of one cup water.

APPLE CRUMB PUDDING.

This is a Southern recipe, and most excellent. Chop six or eight large apples and take the same quantity of dry bread crumbs or cracker crumbs, and stir together in a pudding dish with a pint and one-half of milk. Add three well beaten eggs. Sugar to taste, and add a very little powdered cinnamon. Bake one hour in a slow oven. Eat cold, with rich cream.

CHERRY ROLL.

Roll out a sheet of rich pastry and cover thick with pitted cherries; sprinkle with sugar, roll up and place in a baking-dish and bake in a hot oven until well browned. Serve hot with cherry sauce. Cream one-half cupful of butter with one cupful of sugar, stir in as many pitted cherries as the sauce will hold without separating.

CREAMED APPLE TAPIOCA.

Cook two level tablespoons Minute Tapioca in one and one-half pints milk fifteen minutes. Then add two well beaten eggs, one-half cup

sugar, a little salt and remove at once from fire. Pare and quarter six apples and sprinkle with sugar and nutmeg. Pour over them the tapioca custard and bake until apples are soft.

DELICATE CUSTARD.

Yolks of two eggs, two tablespoons Karo Syrup, one pint milk, and one dessertspoon Kingsford's Cornstarch. When it thickens flavor with vanilla and set aside to cool. This is delicious if poured over fresh or stewed fruit.

PINE APPLE BAVARIAN CREAM.

Heat one can grated pineapple, add one-half cup sugar, two tablespoons lemon juice and two envelopes of Minute Gelatine. Chill in a pan of ice water, stirring constantly. When it begins to thicken fold in one pint of cream whipped. Mould and chill.

LYMAN PUDDING.

Mix one cup sugar and one cup flour and add one cup Karo Syrup. Melt one-half cup butter in one-half cup lukewarm milk, and add one-half teaspoon soda. Combine mixtures and beat thoroughly; then add four eggs well beaten. Turn into a buttered baking dish and bake in a moderate oven. Serve with Birkshire sauce.

BERKSHIRE SAUCE

Beat the white of one egg until stiff, and add gradually, while beating constantly, three-fourths cup sugar; then add the yolk of one egg beaten until thick and lemon-colored, three-fourths cup heavy cream, beaten until stiff, and two table-spoons sherry wine.

HOT VANILLA SAUCE.

Sift together one-fourth cup of flour, half a teaspoonful of salt and one cup of sugar; pour on two cups of boiling water, and stir and cook until the boiling point is reached, then let simmer ten minutes. When ready to serve beat in a tablespoonful of butter and about two teaspoonfuls of vanilla extract.

FOAMY SAUCE.

Beat half a cup of butter to a cream. Gradually beat in a cup of sugar, then the well-beaten white of an egg. Stir in half a cup of boiling water, two tablespoonfuls of wine or a teaspoonful of vanilla.

HOT CHOCOLATE SAUCE.

Boil two squares chocolate in two cups water. When entirely dissolved, add three cups sugar and one cup Karo Syrup. Flavor with vanilla. This is for pouring over ice cream.

CAKES.

RULES FOR CAKE MAKING.

Measure or weigh carefully all ingredients before beginning. Prepare the pans. Either grease them with oil or lard, or line them with greased paper. Do not use butter, it burns and makes the cake stick to the pans. Get out all necessary utensils. To get the best results, use good butter, fine granulated sugar, pastry flour (Swansdown), and a good baking powder.

An earthen or enamel bowl should always be used for mixing cake, and a wooden cake spoon with slits lightens the labor. Measure dry ingredients and mix and sift baking powder and spices, if used, with flour. Count out number of eggs required, breaking each separately that there may be no loss should a stale egg chance to be found in the number, separating yolks from whites if rule so specifies. Measure butter, then liquid. Having everything in readiness, the mixing may be quickly accomplished. If butter is very hard, by allowing it to stand a short time in a warm room it is measured and creamed much easier. If time cannot be al-

lowed for this to be done, warm bowl by pouring in some hot water, letting stand one minute, then emptying and wiping dry. Avoid overheating bowl as butter will become oily rather than creamy. Put butter in bowl, and cream by working with a wooden spoon until soft and of a creamy consistency; then add sugar gradually, and continue beating. Add yolks of eggs or whole eggs beaten until light, liquid and flour added alternately. When yolks and whites of eggs are beaten separately, whites are usually added at the last, as is the case when whites of eggs alone are used. A cake can be made fine grained only by long beating, although light and delicate with a small amount of beating. Never stir cake after the final beating, remembering that beating motion should always be the last used. Fruit, when added to cake, is usually floured to prevent its settling to the bottom. This is not necessary if it is added directly after the sugar, which is desirable in all dark cakes. If a light fruit cake is made, fruit added in this way discolours the loaf. Citron is first cut in thin slices, then in strips, floured, and put in between layers of cake mixtures. Raisins are seeded and cut, rather than chopped. To seed raisins, wet tips of fingers in cup of warm water. Then break skins with fingers, or cut with a vegetable knife; remove seeds, and put in cup of water.

REGULATION OF OVEN FOR CAKE BAKING.

Divide the time required to bake the cake into quarters; in the first quarter, the cake is to simply become light throughout; in the second quarter it should brown slightly in spots; in the third quarter it should become uniformly brown; in the last quarter it should settle a little and shrink from the sides of the pan. If the cake shows a tendency to brown "in the first quarter," it will crust over before it has risen to its full height—giving a compact rather than a delicate cake, and in some cases, as when in the form of a loaf, the cake will be unsightly.

BOILED SPONGE CAKE.

Beat the yolks of two eggs until light lemon colored, add one-half cup sugar gradually, and continue beating; then add three-eighths cup of hot water and another half cup of sugar, one-fourth teaspoon of lemon extract, whites of two eggs beaten until stiff, and flour mixed and sifted with one and one-half teaspoons of baking powder and one-fourth teaspoon of salt. Bake twenty-five minutes in a moderate oven in a buttered and floured shallow pan.

ANGEL CAKE.

Beat the whites of eleven eggs until foamy,

add one level teaspoon of cream of tartar, and keep beating until they are almost stiff, then begin to add one and one-half cups of fine granulated sugar, very gradually, beating all the time. Add one teaspoon of vanilla, and just before putting in the pan add five teaspoons of boiling water. Bake forty minutes. Sift the sugar twice and the flour four or five times.

SPONGE JELLY ROLL.

Beat the yolks of five eggs until very thick add one cup of sugar very gradually, then the grated rind of one lemon, and two tablespoons of the lemon juice; beat the whites of five eggs, and add half to the sugar and yolks with one-half cup of flour, then the other half of the eggs with another half cup of flour. Bake in a large dripping pan about fifteen minutes; turn from the pan onto a cloth, trim the edges, spread with jelly, and roll closely, wrap in the cloth and set aside to cool.

CREAM CAKE.

Cream one-half cup of butter, add one cup of sugar, two eggs well beaten. Sift one and three-fourths cups of flour with two and one-half level teaspoons of baking powder, and add it alternately with one-half cup of milk, then add one teaspoon of vanilla. Bake in two layers, and put cream filling between.

CREAM FILLING.

Heat one pint of milk in a double-boiler, mix one-half cup of sugar, pinch of salt and two table-spoons of Kingford's Cornstarch very thoroughly and add it to the hot milk. Stir until it thickens, then occasionally for ten minutes. Beat three eggs and stir into the mixture.

This filling can be used for cream puffs.

COCOANUT CAKE.

Use recipe for Cream Cake, and put Cocoanut Frosting between the layers.

COCOANUT FROSTING.

Beat the whites of two eggs until very foamy but not stiff, add gradually one cup of powdered sugar, and one cup of grated cocoanut beating all the time. When very light and quite stiff spread between layers, and on top, and sprinkle thickly with cocoanut.

ORANGE CAKE.

Cream a scant cup of butter with one and three-fourths cups of sugar, yolks of three eggs, one cup of milk, two and one-half cups of flour sifted with two teaspoons of baking powder, grated rind, juice and pulp of one orange, and last fold in the beaten whites of three eggs. Bake in layers.

ORANGE ICING AND FILLING.

Beat the whites of two eggs until stiff but not dry, then add grated rind, juice and pulp of one small orange, and enough powdered sugar to make stiff enough to spread.

YANKEE CAKE.

Take one egg, piece butter size two eggs, one and one-half cups sugar, one and one-half cups flour, and one-half cup Kingsford's Cornstarch. Turn butter, eggs and sugar into a bowl and beat well. (Do not beat eggs alone.) Stir in flour and then cornstarch, into which three teaspoons baking powder have been sifted; slowly stir in one cup milk. Flavor to taste and bake in moderate oven three-quarters of an hour. Good as layer cake.

LADY BALTIMORE CAKE.

One cupful butter, one and three-fourths cups sugar, three and one-half cups of flour, one cup sweet milk, whites of six eggs, two level teaspoons of baking powder, one teaspoon of rose water. Bake in three layers and use this filling:

Dissolve three cups granulated sugar in three-fourths cup boiling water. Cook until it threads, then pour gradually over the stiffly-beaten whites of three eggs, stirring constantly. Add to this icing one cup of chopped raisins, one cup of

chopped nut meats (pecans preferred) and five figs cut in very thin strips. Ice the top and sides of the cake.

FEATHER CAKE.

One cupful of rather thick, sour cream, one cupful of sugar, two cupfuls of sifted flour, one egg, one-half teaspoonful of salt, one teaspoonful, level, of soda dissolved in a little water, one teaspoonful of vanilla, one teaspoonful of baking powder.

OLD FASHIONED POUND CAKE.

Beat to a cream one pound of butter with one pound of sugar thoroughly, cream the yolks of twelve eggs and mix well with the creamed butter and sugar, add one cup of wine or one-half cup of wine and one-half cup of rose water, and two teaspoonfuls of grated nutmeg; stir in one pound of sifted flour, and then fold in the whites of eggs, after being whipped to a stiff froth. Bake in a moderate oven two hours.

MOCHA CREAM CAKE.

One cup of sugar and one-fourth cup of butter, creamed together. Add one-half cup sweet milk, then one and one-half cups of flour sifted well with one and one-half teaspoonsful of baking powder. To this add the beaten whites of

three eggs. Bake in two or three layers in a moderate oven.

Filling.—One-half cup strong clear coffee, and one-half cup of milk. Heat in a double boiler, add to this two heaping teaspoonsful of flour, and one cup sugar, and yolks of four eggs, well beaten. Cook like custard and when thick add two tablespoonsful of butter.

Icing.—One cup powdered sugar, white of egg, two teaspoonsful of coffee.

DEVIL'S FOOD.

One cup milk, three-fourths cup grated chocolate; heat and when dissolved add one cup sugar, yolks of one egg beaten until light lemon color. Flavor with vanilla and when cool add to cake part.

CAKE PART.

Cream one-half cup butter with one cup sugar, add yolks of two eggs, then add two and three-fourths cups sifted flour and whites of eggs; add pinch of salt and one teaspoon soda dissolved in one tablespoon hot water. Bake in layers. Use boiled icing between layers and to ice top and sides.

GOLDEN SPICE CAKE.

Cream together one cup butter and two cups brown sugar. Add yolks of seven eggs and one

whole egg and beat very light. Turn in one cup Karo Syrup, four and one-half cups flour, one-half cup Kingsford's Cornstarch and one cup sour milk in which one even teaspoon soda has been dissolved. Add one teaspoon ground cloves, two teaspoons cinnamon, two teaspoons ginger, one grated nutmeg and pinch cayenne pepper. Beat thoroughly and bake in moderate oven.

CHOCOLATE CAKE.

Cream one cup of butter with three cups of powdered sugar, add yolks of six eggs well beaten, one cup of milk, three and one-half cups of flour sifted with two heaping teaspoons of baking powder, one-half cake (one-fourth pound) of chocolate melted over hot water, and last fold in the stiffly beaten whites of four eggs. Bake in layers with icing.

ICING FOR CHOCOLATE CAKE.

Boil two cups of granulated sugar with one-half cup of water until it ropes. Pour it gradually over the beaten whites of two eggs and beat until stiff.

WHITE CAKE WITH CHOCOLATE FROSTING.

Cream one-half cup of butter with one scant cup of sugar, one-half cup of milk, two cups of

pastry flour sifted with three level teaspoons of baking powder, one teaspoon of vanilla, and the stiffly beaten whites of three eggs. Bake in two layers.

FROSTING.

Melt two ounces of chocolate, add one cup of sugar, one-fourth cup of milk, stir and cook until a little will form a soft ball in cold water. Beat the white of one egg until dry, then add the yolk of one egg and beat thoroughly, add the syrup to the white and yolk in a fine stream, beating constantly meanwhile; one teaspoon of vanilla. Use for both frosting and filling.

CONFECTIONERS' FROSTING.

Boil one-third a cup, each, of sugar and water five minutes; stir in sifted confectioners' sugar and a teaspoonful of extract to make a paste that will spread and not run from the cakes.

BROWN ICING.

Stir together one-fourth cup of Karo Syrup, one cup confectioner's sugar, three tablespoons cocoa. Moisten with cold, strong coffee until proper consistency.

FRUIT DROP CAKES.

Cream together two-thirds of a cup of butter and one cupful of brown sugar. Add one tea-

spoonful of cinnamon, one-third of a cupful each of cleaned currants and seeded raisins cut fine, two-thirds of a cupful of chopped English walnuts, two well beaten eggs, a half teaspoonful of vanilla, one pint of flour sifted with one scant teaspoonful of baking powder. Drop by small teaspoonfuls in flat pans, shaping them as round as possible. Bake in a moderate oven.

MAPLEINE FROSTING.

Two cups granulated sugar, one cup milk, one small piece of butter, two teaspoonfuls Mapleine. Stir until mixture boils, then boil briskly until it forms soft ball in cold water. Cool a little and beat until creamy.

FONDANT ICING.

Put two cups of sugar, a cup of water and a half teaspoonful of lemon juice over the fire. Stir until the mixture boils. Wipe down the sides of the pan and boil continuously without stirring until the syrup spins a heavy thread from the tine of a fork, or may be rolled in a soft ball when dropped in ice water. Pour this carefully on a greased meat platter or marble, slab, or you may stand the saucepan in another of cold water. When the syrup is cool, not cold, begin to beat and beat continuously until it hardens and is fine and white. Now put this

mixture in a clean saucepan, add the desired flavoring and stir constantly until it is soft and creamy. Add now and then a few drops of water until it is the proper consistency to cover the cake. This icing can only be used for small cakes and they must be dipped into it. It cannot be spread. You may run a fork into the bottoms of the cakes and dip them down into the fondant. Turn them over quickly as they immediately dry. If one is accustomed to handling fondant as soon as it is melted, it may be turned over a large round cake, but it must be done very quickly.

POOR MAN'S CAKE.

One egg, one cup sugar, one cup milk, two tablespoons butter, one teaspoon vanilla or other extract, two cups flour, two teaspoons Rumford Baking Powder.

Beat together the egg and sugar till light; add the milk, then the melted butter and extract. Sift the flour and baking powder twice, add the liquid mixture to them and beat well. Bake about forty-five minutes in a moderate oven.

LEMON CAKE.

One-half cup butter, two scant cups sugar, three eggs, Grated rind of one lemon, one cup milk, three cups flour, one-half teaspoon salt,

two rounding teaspoons Rumford Baking Powder.

Beat the butter with half the sugar; add gradually the remainder of the sugar together with the well-beaten eggs. Next, put in the grated lemon, then the milk, and lastly the flour sifted with the salt and baking powder. Bake about forty minutes in a moderate oven, and cover with lemon frosting.

LEMON FROSTING.

Juice of two lemons and about two and one-half cups powdered sugar.

Strain the juice of the lemons into a bowl and add the sugar, finely sifted, until thick enough to spread. The exact quantity of sugar will depend on the size of the lemons. Pour over the top of the cake, and spread and smooth with a thin-bladed knife that has been dipped in water.

CREAM PUFFS.

Put one-half cup of butter and one cup of water in a saucepan, and as soon as boiling point is reached, add one cup of flour all at once and stir vigorously. When the mixture cleaves from the sides of the pan, turn into a bowl and beat in four eggs, one at a time, beating each one thoroughly before adding the next. Drop by spoonfuls on a buttered sheet, one and one-

half inches apart, shaping with handle of spoons as nearly circular as possible, having mixture slightly piled in center. Bake thirty minutes in moderate oven. With a sharp knife make a cut in each large enough to admit of cream filling. This recipe makes eighteen small cream cakes. For flavoring cream filling use lemon extract. If cream cakes are removed from oven before being thoroughly cooked, they will fall. If in doubt, take one from oven, and if it does not fall, this is sufficient proof that others are cooked.

FIG CAKE.

Cream two cups of sugar with one cup of butter. Mix and sift two cups of flour with one cup of cornstarch and two rounding teaspoons of baking powder, and add to butter alternately with one cup of milk, then add one teaspoon of vanilla, and fold in the stiffly beaten whites of eight eggs. Bake in layers. For the filling and icing, three cups of granulated sugar, one-half cup water, whites of three eggs. Boil sugar and water until it ropes, beat whites and pour syrup over them; beat until thick enough to spread. Save enough to ice top and sides; to remainder add one pound of figs chopped fine with tough parts taken out.

LADY BALTIMORE CAKE.

One cup of butter, two cups of sugar, three

and one-half cups of flour, two teaspoonfuls of baking-powder, one cup of milk, and whites of six eggs, one teaspoonful of flavoring. Cream butter and sugar, then add milk and flour, into which the baking powder is sifted, then add flavoring and lastly the three stiffly beaten whites of the eggs. Bake in layer tins in a hot oven. Filling.—Two cupfuls of granulated sugar in one-half cupful of water. Boil until it threads, then pour over the stiffly beaten whites of two eggs, stirring constantly. Add one cup of chopped raisins, one of nut-meats and three figs cut in thin slices. Put between layers and frost the cake's top.

ROYAL ICING.

White one egg, one teaspoon lemon juice, one teaspoon water, confectioner's sugar to form thick icing. Sift the sugar, add the water to the egg with four tablespoons of the sugar, and stir until smooth; then add a little more sugar and stir well, and so on until the icing is thick enough to spread on the cake. Add the lemon juice when the icing is partly made. Add the sugar slowly to this icing.

CHOCOLATE MARSHMALLOW CAKE.

Cream one-half cup butter with one cup of sugar, added gradually, add yolks of two eggs well beaten, then whites beaten until stiff. Add

two cups flour, mixed and sifted with two and one-half teaspoons baking powder and beat thoroughly. Then add two ounces of chocolate melted and one-half teaspoon vanilla. Bake in shallow cake pans and as soon as removed from pans put between and on top, marshmallows pulled apart with tips of fingers, but not quite separated into halves. The exposed soft surface will quickly adhere to hot cake. Pour over the marshmallows a chocolate fudge frosting made as follows: Melt one and one-fourth tablespoons butter, add one-third cup unsweetened cocoa, one and one-fourth cup confectioner's sugar, few grains of salt, and one-fourth cup milk. Heat to a boiling point, and boil about eight minutes. Remove from fire and beat until creamy. Add one-half teaspoon vanilla and pour over cake.

MAPLEINE MARBLE CAKE.

One cup sugar, one-half cup butter, one-half cup milk, two eggs, well beaten, one and three-fourth cups flour, two level teaspoonfuls Baking Powder.

To half the batter add one teaspoon Mapleine. Put in bake pan in alternate layers of spoonfuls of dark and white batter. This will make one small loaf.

LAYER NUT CAKE.

One-half cupful of rich, sour cream, one cupful of sugar, two cupfuls of flour, measured before sifting, two eggs, one-half teaspoonful each of salt and soda, one of baking powder; vanilla. Bake in three layers. Use nut filling.

SPICE CAKE.

Three-fourths of a cupful of sour cream, three-fourths of a cupful of sugar, yolks of two eggs two cupfuls of sifted flour, one teaspoonful each of baking powder, cinnamon, cloves and nutmeg, one-half teaspoonful of salt and soda. Bake in three layers, and put together with boiled frosting.

MARBLE CAKE.

White Part:—Cream together one cup white sugar and one-half cup butter. Add two and one-fourth cups flour into which two teaspoons baking powder have been previously sifted. Stir in one-fourth cup Kingsford's Cornstarch and flavor with vanilla. Add whites four eggs and one-half cup sweet milk. For the *dark part*, stir together one cup brown sugar, one-half cup Karo Syrup, one-half cup butter, yolks four eggs, one-half cup sour milk, one teaspoon each ground cloves, cinnamon and mace, and one grated nut-

meg. Use in all, one and one-half cups sifted flour. After part has been stirred in, add one teaspoon soda dissolved in a little milk, and the rest of flour. Pour a little of each kind alternately into well buttered tin.

JELLIES.

Jellies are made of cooked fruit juice and sugar, in nearly all cases the proportions being equal. Where failures occur, they may usually be traced to the use of too ripe fruit.

To Prepare Glasses For Jelly. Wash glasses, and put in a kettle of cold water; place on range, and heat water gradually to boiling point. Remove glasses, and drain. Place glasses while filling on a cloth wrung out of hot water.

CURRENT JELLY.

Currants are in the best condition for making jelly between June twenty-eighth and July third, and should not be picked directly after a rain. Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable, and make a lighter colored jelly.

Pick over currants, but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are used. Cook slowly until currants look white. Strain through

a coarse strainer, then allow juice to drop through a double thickness of cheese cloth or a jelly bag. Measure, bring to boiling point, and boil five minutes; add an equal measure of heated sugar, boil three minutes, skim, and pour into glasses. Place in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place.

GRAPE JELLY.

Grapes should be picked over, washed, and stems removed before putting into a preserving kettle. Heat to boiling point, mash, and boil thirty minutes; then proceed as for Currant Jelly. Wild grapes make the best jelly.

TO STERILIZE JARS.

Wash jars and fill with cold water. Set in a kettle on a trivet, and surround with cold water. Heat gradually to boiling point, remove from water, empty, and fill while hot. Put covers in hot water and let stand five minutes. Dip rubber bands in hot water, but do not allow them to stand. New rubbers should be used each season, and care must be taken that rims of covers are not bent, as jars cannot then be hermetically sealed.

CANNED PEARS.

Wipe and pare fruit. Cook whole with stems left on, or remove stems, cut in quarters, and core. Follow Directions for Canning. A small piece of ginger root or a few slicings of lemon rind may be cooked with syrup. Bartlett pears are the best for canning.

CANNED PINEAPPLES.

Remove skin and eyes from pineapples; then cut in half-inch slices, and slices in cubes, at the same time discarding the core. Follow Directions for Canning. Pineapples may be shredded and cooked in one-half their weight of sugar without water, and then put in jars. When put up in this way they are useful for the making of sherbets and fancy desserts.

CANNED STRAWBERRIES.

(Cold Process.)

Materials: Six pounds (hulled) strawberries, five pounds of sugar. Wash your hulled strawberries, a few at a time, and drain thoroughly. On a large platter place a layer of strawberries, then one of sugar, and continue this way until you have used up all your ingredients. Let stand in a refrigerator one hour. Have your cans perfectly dry and cold. When your berries,

have stood for one hour fill the cans running over full, packing the fruit in with a spoon and shaking down well so as to leave no air spaces. Place on the covers, screw down as tightly as possible, wrap each can in paper and keep in a cool, dry place.

These strawberries are fine for shortcakes.

CANNED STRAWBERRIES.

(Hot Process.)

Materials: Six pounds hulled strawberries, two pounds of sugar. Take one-fourth of the berries, selecting inferior ones, place them in a jelly bag and press out all the juice. Measure the juice and add to it one-third of its quantity in water, place in a saucepan on the fire and when hot add the sugar. Boil fifteen minutes, then strain. Place the remaining berries in the fruit cans, having them moderately full. Set these cans in a boiler and pour the prepared strawberry syrup over them into the cans. Put the rubber bands in place and the covers on loosely, and add sufficient boiling water to cover the cans three-fourths of their height. Cover and let boil twenty minutes. Take the cans from the boiler, and screw down the covers tight.

After the cans have become cold tighten the covers again. Wrap in paper and keep in a cool, dry place.

RIPE CUCUMBER PICKLE.

Pare and seed ten ripe cucumbers. Slice and let stand 24 hours in cold weak vinegar. Drain and put into fresh vinegar with two pounds of brown sugar, one ounce of cassia buds to each quart of vinegar and one tablespoon of salt. Boil all together until cucumbers are clear.

Put in fruit jars while hot.

FRENCH PICKLE.

Slice two pecks of green tomatoes, and twelve large onions, and throw over them two cups of salt. Let them remain over night. In the morning drain and boil them 15 minutes in vinegar and water. Drain. Then take two quarts of vinegar, four tablespoons of brown sugar, two tablespoons of mustard, two tablespoons each of cinnamon, ground cloves, and allspice, and one tablespoon of cayenne pepper. Add drained tomatoes and boil all 15 minutes.

CHIPPED PEARS.

Take six pounds of sugar, put it on the stove with just enough water to dissolve it. Then add eight pounds of pears cut into very small pieces, one-fourth pound of green ginger root scraped and cut in thin slices, the juice of four lemons, and the rind of one cut very thin. Cook two hours.

FRENCH WORDS IN COOKING.

Aspic—Savory jelly for cold dishes.

Au gratin—Dishes prepared with sauces and crumbs, and baked.

Buchees—Very thin patties or cakes, as name indicates—mouthfuls.

Baba—A peculiar, sweet French yeast cake.

Bechamel—A rich, white sauce made with stock.

Bisque—A white soup made of shell fish.

To Blanch—To place any article on the fire till it boils, then plunge it in cold water; to whiten poultry, vegetable, etc. To remove the skin by immersing in boiling water.

Bouillon—A clear soup stronger than broth, yet not so strong as consomme, which is “reduced” soup.

Braise—Meat cooked in a closely covered stew pan, so that it retains its own flavor and those of the vegetables and flavorings put with it.

Brioche—A very rich unsweetened French cake made with yeast.

Canneton—Stuffed rolled-up meat.

Consomme—Clear soup or bouillon boiled down till very rich, i. e., consumed.

Croquetts—A savory mince of fish or fowl, made with sauce into shapes and fried.

Croustades—Fried forms of bread to serve minces or other meats upon.

Entree—A small dish usually served between the courses at dinner.

Fondue—A light preparation of melted cheese.

Hollandaise Sauce—A rich sauce, something like hot mayonnaise.

Mutelote—A rich fish stew, with wine.

Mayonnaise—A rich salad dressing.

Meringue—Sugar and white of egg beaten to sauce.

Marmade—A liquor of spices, vinegar, etc., in which fish or meats are steeped before cooking.

Miroton—Cold meat warmed in various ways, and dished in circular form.

Purse—This name is given to very thick soups, the ingredients for the thickening which have been rubbed through a sieve.

Poulette Sauce—A bechamel sauce to which white wine and sometimes eggs are added.

Ragout—A rich, brown stew, with mushrooms, vegetables, etc.

Piquante—A sauce of several flavors, acid predominating.

Remoulade—A salad dressing differing from mayonnaise in that the eggs are hard boiled, and rubbed smooth with mustard, herbs, etc.

Rissole—Rich mince of meat or fish, rolled in thin pastry and fried.

Roux—A cooked mixture of butter and flour, for thickening soups and stews.

Salmi—A rich stew of game, cut up and dressed, when half roasted.

Souffle—A very light, much whipped-up pudding or omelette.

Timbale—A sort of pie in a mould.

Vol au vents—Patties of very light puff paste, made without a dish or mould and filled with meats or preserves.

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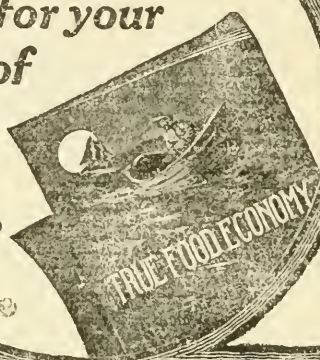
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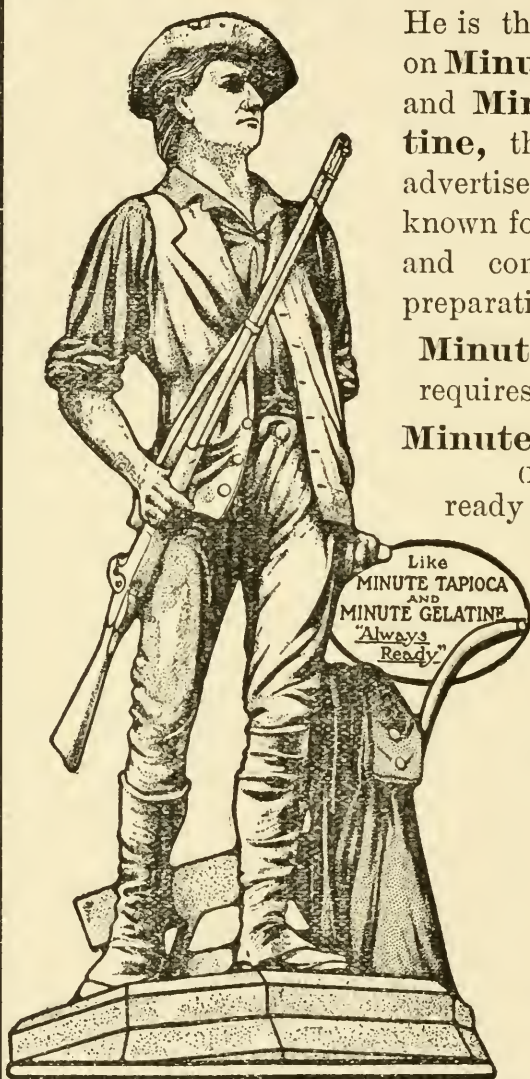
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